# Seniors Independence Program: Today's Projects – Enhancing the Future

1988-1989
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# Introduction

The Seniors Independence Program (SIP), a major contributions funding program of the Department of National Health and Welfare, came into effect on April 1, 1988. The Program enables seniors, acting on their own behalf and in collaboration with others, to increase their independence and quality of life.

The involvement of seniors in decisions which affect them is one of the key principles of SIP. As well, the Program gives priority to those seniors most in need. Established priorities include senior women, seniors living in rural or remote areas, and seniors less advantaged due to life's circumstances. SIP stresses the importance of community development, community action and other participatory approaches to independence and quality of life. SIP projects also promote collaboration between the project sponsor and other community groups, establishing valuable partnerships. The Program contributes to the process of social change, and promotes and supports lifelong development and learning.

This book is the first report on SIP-funded projects approved between April 1, 1988, and March 31, 1990. On the following pages you will find information about the types of projects funded and their goals and activities. We hope this information will facilitate contact between the groups and individuals working with seniors and will illustrate the scope of SIP projects across the country.

Following this Introduction you will find a "Selected Project Hi-Lites" section containing detailed descriptions of six SIP projects. These projects have been highlighted because they illustrate characteristics important to the Program, such as strong senior involvement and community focus.

The book continues with project abstracts, listed by province and territory, containing details such as the names and locations of sponsors, the financial contribution and duration of the projects. The abstracts also summarize the projects' major goals and activities.

For easy reference, each province or territory's projects have been organized by categories: women; rural/remote; native/Inuit; ethno-cultural; Alzheimer's; elder abuse; disabled; drug, alcohol, medication awareness; caregiving; housing; self-help/mutual aid; education/awareness; and improved community resources.

The above categories are by no means mutually exclusive. Most projects could fall under several categories. For example, a project listed under 'Caregiving' could also be considered a women's project, since most of Canada's caregivers are women. Many projects that will benefit women have been placed under another heading, one which may more accurately reflect the type of activity being conducted.

The Seniors Independence Program funds national, regional, and local projects. Projects are developed through the regional offices of Social Service Programs and Health Promotion Programs. For information on application procedures, contact a Social Service Programs office. Addresses are listed on page 105.

For more information about any of the projects described in this report, please contact the project sponsor or the Social Service Programs office in that province.

For national projects, please contact:

**Seniors Independence Program**
**Health and Welfare Canada, Ottawa, Ontario, K1A 1B5, (613) 952-9533**

The Ottawa office will refer you to the appropriate Program Officer.

# Selected Project Hi-Lites

▼

**Care for the Caregiver: Project on Education and Support for Informal Caregivers to the Elderly**

*4687-02-88/001*

Mount Saint Vincent University
166 Bedford Highway
Halifax, N.S. B3M 2J6

Tel: (902) 443-4450

Caring for an elderly family member can be extremely difficult. Indeed, the demands are sometimes so great that caregivers become resentful and in turn begin to neglect, or even abuse, the elderly relative. Frequently, they must resort to institutions to provide care.

Until recently, few resources have been available to caregivers. But now in Nova Scotia, an innovative project is providing psychological support for caregivers (most of whom are senior women) as well as solutions to some of their problems.

The project, "Care for the Caregiver," is the brainchild of Dr. Mary O'Brien, of Mount Saint Vincent University's Gerontology Department. It has planned a number of workshops in Halifax-Dartmouth, Truro, North Sydney, and Yarmouth. The workshops will offer practical information on subjects such as the aging process, the stresses of caregiving, death and dying, and legal matters. They will also provide caregivers with an opportunity to discuss their problems in an understanding setting.

Results so far suggest that the project has been highly successful. Demand for the 15-person workshops has been so great that one session scheduled for September 1990 was booked before the end of March. Best of all, workshop groups are staying together, continuing to lend peer support to family caregivers.

The workshops are just one aspect of the project's broad-based support for family caregivers. Some participants have been talking to community groups, telling seniors and others about the program. A resource centre for caregivers, containing books and other materials, will be set up in Halifax in connection with Mount Saint Vincent's Gerontology Department. This centre is designed to provide support for all people caring for the elderly in their homes.

The project has not neglected Nova Scotia's rural areas. While the emphasis has been on urban centres (particularly Halifax-Dartmouth), workshops will be held elsewhere. In September 1990, there will be a peer-counsellor training program. This program will train counsellors to provide one-on-one support to family caregivers and to plan and facilitate workshops.

Seniors will continue to be involved in the running of workshops and operation of the project. The director is a senior, and the advisory committee, which oversees all facets of the project, consists primarily of seniors.

As the workshop technique is perfected, the project will develop a "how to" manual designed to show family caregivers and professionals elsewhere in Canada how to set up a similar program. A highlight of the project's final year will be a conference for professional caregivers, where skills and techniques needed for implementing this program will be shared.

Clearly, "Care for the Caregiver" is an idea whose time has come.

Amount: $250,000. Duration: 33 months.

▼

**Action Seniors 1989**
(Action 3e âge 1989)
*4687-04-89/154*
Action 3e âge du Transcontinental
1943A Principale, Pohenegamok
St. Eleuthère, Que. G0L 2T0

Tel: (418) 859-2450

A growing elderly population and the exodus of youth to urban centres constitute an increasing problem in Quebec municipalities. Feelings of isolation affect a large portion of the population. A lack of support services, particularly for seniors living in the Transcontinental, the southwest sector of the region of Témiscouta, contributes further to this isolation.

More older people could live independently in their own homes if they could count on homemaking support, transportation, and easily accessible information. Such resources would allow them to perform their daily tasks without worry.

To help seniors overcome their isolation, a group of older citizens has initiated a self-help network. Homemaking service committees have been organized and publicized in the ten communities of the region. Through these committees, members are available to refer seniors to appropriate resources.

The isolation of the Transcontinental community is intensified by inadequate public transportation and taxi service. Many seniors must travel 100 km to the nearest hospital. This study, through a series of consultations between volunteers and seniors, will assess transportation needs and priorities.

The third objective of the project is to disseminate information about health care. To this end, seniors have established an "info-mobile" service, which will travel throughout the communities of the Témiscouta region. Advice concerning health and health-related issues identified as priorities will be available on audio-cassette on request.

Specially trained community volunteers will keep information up-to-date and ensure the continuation of the home-consulting service and the liaison between the demand and the provision of services.

Clearly, "Action 3e âge du Transcontinental" not only fills an important need in the community, it also involves seniors in improving the quality of their lives and enhancing the knowledge of available resources.

Amount: $67,770. Duration: 24 months.

▼

**For Yesterday, Today and Tomorrow**
*4687-05-88/024*
Federation of Italian Canadian Seniors
901 Lawrence Avenue West, #305
Toronto, Ont. M6A 1C3

Tel: (416) 787-4340

Many of Toronto's Italian seniors, particularly women, are isolated from the community. With little or no knowledge of English, they are sometimes afraid to travel by bus or subway and frequently do not make use of available services such as health and dental care, home care support, and assistance in obtaining pensions from overseas.

Senior Italian women are sometimes isolated even within their own families because their children and grandchildren may know little or no Italian. This double isolation – from family and from the larger community – makes the situation of senior Italian women especially difficult.

To help alleviate this problem, the Federation of Italian Canadian Seniors has mounted a project designed to use the extensive network of Italian social clubs to encourage senior Italian women to become more involved in the community. Trained workers are reaching out to social and recreational clubs, churches, and other organizations specifically to encourage women to become more active in these organizations.

A volunteer committee made up of Italian seniors has begun to produce and distribute a newsletter, written in simple Italian, which provides information about existing community resources.

The project will also develop self-help manuals and videos focusing on leadership and organizational skills. To promote ongoing activity once the project's funding ceases, the outreach workers will train senior volunteers to take over most of their duties.

So far, results have been gratifying. In addition to receiving favourable coverage in both the Italian and English press in Toronto, the project has begun to make a difference in the lives of Italian senior women. Support from the Federation's 50 member clubs has been strong, and women have begun to play a larger role in the activities of those clubs. As of April 1990, women were members of 19 clubs, as compared to 12 in October 1989. These women are increasingly serving on the clubs' boards of directors or activity committees, rather than simply providing support service (knitting, crocheting, or fund-raising) as they did typically in the past.

With each Federation club maintaining a membership of 350 to 400, the project can potentially reach thousands of Italian seniors.

In the long term, this project, which makes imaginative use of existing community organizations, should go a long way toward bridging the gap between the needs of these seniors and the services available to them.

Amount: $425,173. Duration: 36 months.

▼

**Support Groups for Older Farm Women in Saskatchewan**

*4687-07-89/032*

Women's Inter-Church Council of Canada
Bay 2, 116-103 Street East
Saskatoon, Sask. S7N 1Y7

Tel: (306) 373-7446

After January 1991:

Women's Inter-Church Council of Canada
77 Charles Street
Toronto, Ont. M5S 1K5
(416) 922-6177

The life of a farm woman has never been easy. Economic uncertainty, worries about the weather, long working hours and isolation "come with the territory."

Farm women have been under even greater stress in recent years as a farm crisis which began in the late 1980s continues to put many farmers out of business and push others to the brink of bankruptcy. To save their homes and their way of life, many women have sought work off the farm. Not only has this situation led to increased family problems, but spousal abuse and alcoholism appears to be increasing as the farm crisis deepens.

For senior farm women, the situation may be even worse. While many must work to supplement sharply reduced family incomes, few have marketable skills. Those who do venture into the labour market frequently find themselves bypassed in favour of younger women. Their pensions also tend to be low or non-existent. Making matters worse, tradition prohibits these women from talking about their problems; thus, many feel they have no sympathetic individual or group to turn to.

Long concerned about the plight of Saskatchewan's senior farm women, the Women's Inter-Church Council (WICC) has launched a project designed to establish support groups where these women can talk freely about their problems and explore possible solutions. Another major aim is to develop resources, such as a handbook and a video, which can be used by these women and by community groups in Saskatchewan and elsewhere in Canada.

The project, which is managed by an advisory committee of senior women, has mounted an intensive outreach effort in Saskatchewan's rural communities. By summer 1990, an organizer had already visited more than 70 communities, meeting with individual farm women and groups.

A number of approaches, including drawing and storytelling, have been used to encourage women to talk about issues and problems affecting them. Another method used has been role playing, in which participants act out the different ways they would expect a support group to help.

The response to the visits has been positive. Whereas at first the organizer spent much of her time meeting small groups around kitchen tables, she now also addresses larger bodies, such as church conventions and synods. In addition, a number of support groups have started up as a direct result of the project's outreach efforts.

The project's handbook, a collection of stories about the situation of older farm women, which also illustrates how farm women have used support groups, has been completed. And a video based on the life of an actual senior farm woman will be filmed in the rural Saskatchewan town of Outlook.

The national WICC organization will distribute the handbook and video nation-wide. As well, the National Farmers' Union and many churches have indicated that they would like to start sponsoring support groups of their own.

In reaching out to community groups as diverse as quilting clubs and church synods, the project has brought new hope to Saskatchewan's senior farm women.

Amount: $79,000. Duration: 15 months.

▼

**The Vancouver Volunteer Centre's Senior Talent Bank**

*4687-09-88/037*

The Vancouver Volunteer Centre
301-3102 Main Street
Vancouver, B.C. V5T 3C7

Tel.: (604) 875-9144

For volunteer placement agencies, seniors are a potentially valuable resource. And yet, few volunteer recruitment programs have effectively tapped this potential. But now, as one seniors group is discovering, flexibility in programming may be the solution to this dilemma.

Experience has shown that seniors perceive non-profit agencies to be inflexible in terms of setting volunteer-hours and unwilling to provide short-term (six-month or less) placements which would enable seniors to travel or to spend time with their families and still be of service to their communities.

To attract more senior volunteers, the Vancouver Volunteer Centre is developing the Senior Talent Bank to match prospective volunteers with social, cultural and recreational organizations and other non-profit agencies in the community. Accordingly, information about a prospective senior's availability and preferred type of work is entered into a computer and matched with information on available volunteer opportunities. When a good fit seems possible between an agency and a volunteer, the Volunteer Centre attempts to bring them together.

Senior talent banks have been operating successfully in several Ontario communities and in the United States for some time. Unique to the Vancouver Centre's project, however, is the wide range of volunteer work available, including opportunities in hospitals and social service agencies, theatre companies, environmental groups and groups working

with animals. Within seniors agencies themselves, there are a great many possibilities. Some need people to research and write their histories, others need reporters for their newsletters. Volunteers are also needed to serve on boards of directors.

An important feature of this project is the extent to which seniors have been involved in developing the talent bank. Already the core group of seniors comprising the project's Advisory Committee has made presentations to about 20 seniors groups in Vancouver. As a result of these presentations, a number of seniors have registered for the talent bank and some have already been placed with non-profit agencies.

The Advisory Committee will plan a media strategy to ensure that the talent bank is well publicized throughout Greater Vancouver. Later,the project will expand its outreach efforts to include participation in pre-retirement seminars run by the private sector. There are plans to produce a "how-to" manual and to take the idea of the Senior Talent Bank to other parts of the province, particularly rural areas. A long-term aim is to make the project self-supporting by training senior volunteers to take over most aspects of program delivery.

By involving more seniors as volunteers, the Vancouver Senior Talent Bank will benefit the volunteers themselves as well as the agencies they serve and the larger community.

Amount: $174,509. Duration: 36 months.

▼

**Keeping Canadians on Their Feet**
*4687-15-88/002*
Victorian Order of Nurses
5 Blackburn Avenue
Ottawa, Ont. K1N 8A2

Tel.: (613) 233-5694.

Poor foot care causes problems for many seniors, frequently leaving them unable to get around. It has been estimated that 15 to 20 percent of Canadians over 65 who live at home need professional foot care. Most either don't know how to care for their feet or are prevented from caring properly because of poor eyesight or lack of flexibility.

The Victorian Order of Nurses (VON) began operating foot care clinics in 1978; today over two thirds of its branches provide this service. The demand has become so great, in fact, that the VON has realized it simply doesn't have the resources to run the clinics on its own.

"Keeping Canadians on Their Feet" is a project designed to meet those needs by forging partnerships between the VON and seniors organizations interested in sponsoring foot care clinics. The VON helps the sponsoring organization set up the service and provides the specially trained nurses.

The sponsoring group manages the project, deciding when, where and how often the clinic is offered. Volunteers from the sponsoring group perform all tasks, other than direct provision of care, including reception, record keeping, statistics collection, and care and preparation of medical instruments.

Most seniors visit the clinics for routine toenail care or to have corns and calluses removed or reduced. They are taught to care for their feet when possible, and to distinguish between conditions they can manage and those that require professional attention.

*Selected Project Hi-Lites... continued*

Referrals to a chiropodist or podiatrist may be made through the clinic.

As foot care clinics are not covered by provincial health care plans and the project is designed to operate on a cost-recovery basis, many (though not all) VON branches charge a fee for the clinics. While it is up to individual branches to decide how much to charge, fees usually range from $5 to $18. Although the clinics are not restricted to seniors, most clients – an estimated 90 percent – are over 55.

Recruiting sponsoring groups to manage the clinics and training nurses to provide foot care are the project's two principal activities. VON nurses trained in advanced foot care usually serve as instructors to other VON nurses. In areas such as Prince Edward Island and the Northwest Territories, where there are no VON branches, however, the instructor trains provincial or public health nurses.

In its search for sponsoring groups, the VON has mounted a massive – and innovative – outreach effort across Canada. Recognizing the need for varying approaches throughout the regions, the VON has tailored its sponsorship campaign to fit local conditions. The clinics' locations are equally varied, ranging from community centres to church basements.

There is no doubt that these foot care clinics are providing a lot of foot care to people who need it. "Keeping Canadians on Their Feet" is a creative and far-reaching attempt to address a health problem affecting large numbers of Canada's seniors.

Amount: $750,000. Duration: 36 months.

# Newfoundland

## ■■ *Disabled*

▼

**Hearing Helpers**
*4687-00-88/003*
Newfoundland Hearing Association
101-104 Le Marchant Road
St. John's, Nfld. A1C 5V5

Tel.: (709) 753-3224

This project provides training to hearing-impaired seniors in eleven centres in Newfoundland to help other hearing-impaired seniors cope with communication difficulties, frustration, anxiety, social isolation, loneliness, and depression. The trained seniors will visit, counsel, and assist other seniors in their communities.

Amount: $198,489. Duration: 36 months.

## ■■ *Education/Awareness*

▼

**Information Seminar for Seniors**
*4687-00-88/006*
Barachois Horizons Senior Citizens Group
Barachois Brook, Nfld. AON 1B0

Tel.: (709) 646-2459

To conduct a two-day information seminar, which will include topics selected by the sponsoring organization and topics identified by area seniors. Some suggested topics are literacy training, medication information, housing options, and fitness and leisure activities. The seminar format will include workshops, demonstrations, and plenaries designed to ensure maximum participation and information.

Amount: $10,105. Duration: 8 months.

## ■■ *Improved Community Resources*

▼

**Proposal to Develop a Seniors' Resource Centre and Network**
*4687-00-88/002*
Memorial University of Newfoundland
Dept. of Psychology, Gerontology Centre
St. John's, Nfld. A1B 3X9

Tel.: (709) 737-7678

To promote independence and quality of life for seniors through programs of disability prevention, help for distressed seniors, networking, recreation/education, and voluntary support. Organizers will promote awareness of, and participation in, the project through community meetings, volunteer training, and the use of video equipment.

Amount: $573,825. Duration: 36 months.

▼

**Seniors Leisure and Leadership**
*4687-00-88/005*
Newfoundland and Labrador Parks Recreation Association
P.O. Box 4750
St. John's, Nfld. A1C 5T7

Tel.: (709) 576-3892

Many seniors clubs have a limited scope of activity, are facility oriented, and have difficulty with leadership. This project will assess community resources/needs, increase awareness and resource accessibility, develop leadership skills, and produce resource manuals and community network and program modules.

Amount: $216,134. Duration: 36 months.

# Prince Edward Island

## ■■ *Alzheimer's*

▼
**Bridging the Gap**
*4687-01-88/002*
Alzheimer Society of Prince Edward Island
R.R. #2
North Wiltshire, P.E.I. C0A 1Y0

Tel.: (902) 964-2780

To instruct caregivers in Prince Edward Island about Alzheimer's disease, locally available support services, and information resources. The project, designed for those caring for Alzheimer's patients, will develop an information packet focusing on caregivers' needs and will also prepare a slide show and bristol board presentation. Seniors and Alzheimer's caregivers will be involved in all phases of the project.

Amount: $27,309. Duration: 6 months.

▼
**Alzheimer's Support Program**
*4687-01-89/001*
Canadian Mental Health Association
170 Fitzroy Street
P.O. Box 785
Charlottetown, P.E.I. C1A 7L9

Tel.: (902) 566-3034

To help Alzheimer's patients remain in their communities as long as possible while minimizing the stress on caregivers. The project will test a method of providing day care and home respite care for Queen's County Alzheimer's patients and develop support groups for patients' families.

Amount: $381,049. Duration: 36 months.

## ■■ *Elder Abuse*

▼
**Learning Today for a Better Tomorrow**
*4687-01-89/003*
Prince Edward Island Association
of Social Workers
P.O. Box 1888
Charlottetown, P.E.I. C1A 7N5

Tel.: (902) 566-2309

To help prevent elder abuse through improved family communication. During the first phase, the project will produce two written brochures and a video with accompanying guide. During the second phase, funding will provide for presentations to organizations across the Island, including women's institutes, church groups, and service clubs.

Amount: $129,772. Duration: 18 months.

## ■■ *Housing*

▼
**Housing Options Handbook for P.E.I. Seniors**
*4687-01-89/004*
Prince Edward Island Association on
Gerontology
P.O. Box 3346
Charlottetown, P.E.I. C1A 8B9

Tel.: (902) 675-3357

To write and distribute a simply written handbook on housing options for P.E.I. seniors. The handbook will include descriptions of various housing options, practical tips on adapting a dwelling to allow for declining physical abilities, and guidelines for selecting appropriate housing. Content wil be based on seniors' responses to a province-wide survey.

Amount: $52,167. Duration: 12 months.

## ■■ *Improved Community Resources*

▼
**P.E.I. Seniors: Yes We Can**
*4687-01-88/001*
P.E.I. Command of the Royal Canadian Legion
P.O. Box 134
Charlottetown, P.E.I. C1A 7K2

Tel.: (902) 892-2161

To organize a two-day conference for seniors groups. Participants will examine ways to stimulate awareness of, and collaboration in, community projects; to improve communication between seniors and community workers; and to assist seniors in expressing and acting on their needs.

Amount: $12,400. Duration: 7 months.

▼
**Seniors Information Line, Queens County**
*4687-01-88/003*
Sisters of St. Martha
Mount St. Mary's, Box 1147
Charlottetown, P.E.I. ClA 7M8

Tel.: (902) 892-6585

To establish a Seniors Information Line for Queens County to enable seniors to access information on existing services. The centralized directory will help seniors locate the resources or services they need.

Amount: $34,397. Duration: 15 months.

▼
**Seniors Helping Seniors**
*4687-01-89/002*
Tignish Library
P.O. Box 306, School Street
Tignish, P.E.I. C0B 2B0

Tel.: (902) 882-3840

To determine Tignish seniors' needs for reading material, including large-print and talking books, and to decide how best to meet these needs. The project will conduct a needs assessment survey of 220 seniors and ultimately involve seniors in organizing and using the library.

Amount: $26,799. Duration: 6 months.

# Nova Scotia

## ■■ *Native/Inuit*

▼
**Health Conference for the Elderly**
*4687-02-88/007*
Native Council of Nova Scotia
P.O. Box 1320
Truro, N.S. B2N 5N2

Tel.: (902) 895-1523

To hold a health conference for Native seniors in Nova Scotia. Workshop contents will be based on a needs assessment conducted prior to the conference. A written report containing the highlights and recommendations of the conference will be submitted to the Native Council of Nova Scotia, to other seniors, appropriate government offices, the Nova Scotia Women's Association, and other interested organizations. In all, 48 Native seniors will be directly involved.

Amount: $13,917. Duration: 1 month.

▼
**Micmac Elders Residential Centre**
*4687-02-89/009*
Chapel Island Band Council, R.R. #1
St. Peter's, N.S. B0E 3B0

Tel.: (902) 535-3317

To assess the need for a residential centre for elderly Micmac people in Nova Scotia. The project will research the availability of services and existing residential centre models. Band elders will then carry out a detailed housing needs assessment on their own reserves. A workshop will be held on each of the five Cape Breton reserves to review the survey findings.

Amount: $24,975. Duration: 6 months.

## ■■ *Alzheimer's*

▼
**Alzheimer Resource Centre Project**
*4687-02-88/002*
The Alzheimer Society of Nova Scotia
5954 Spring Garden Road
Halifax, N.S. B3H 1Y7

Tel.: (902) 455-7347

To establish a resource centre for Alzheimer's Disease by developing information kits, manuals and videos for the public, support groups, caregivers, students, and the police. Project videos will also be aired on television, and a speakers' bureau will be established to provide informative support to the families and friends of Alzheimer's sufferers.

Amount: $190,238. Duration: 36 months.

## ■■ *Elder Abuse*

▼
**Oldest Old Protection Project**
*4687-02-89/006*
Social Work Department
Victoria General Hospital
1278 Tower Road
Halifax, N.S. B3H 2Y9

Tel.: (902) 428-4000

To meet the needs of the elderly, who are often the victims of neglect and abuse. The project will develop a screening tool to identify potential abuse victims and set up a hospital discharge planning program for this group. Appropriate educational materials will be developed and distributed to family members and health care professionals.

Amount: $23,400. Duration: 24 months.

## ■■ *Disabled*

▼

**Living with Vision Loss – Independence of Seniors**
*4687-02-88/005*
Canadian National Institute for the Blind
6136 Almon Street (Box 8180)
Halifax, N.S. B3K 5L9

Tel.: (902) 453-1480

To help blind seniors integrate into society. Project includes a needs assessment and a two-day educational conference directed at educating and training blind seniors and their caregivers.

Amount: $20,328. Duration: 7 months.

▼

**Self-Help Program for Hard of Hearing Seniors**
*4687-02-88/025*
Society of Deaf and Hard of
Hearing Nova Scotians
1657 Barrington Street, Suite 101
Halifax, N.S. B3J 2A1

Tel.: (902) 422-0578

To inform hearing-impaired seniors in Halifax-Dartmouth of available services, and to develop self-help groups. Project activities include establishing an information and resource centre and recruiting and training volunteers to lead the self-help groups.

Amount: $59,663. Duration: 15 months.

▼

**LIAISON – Linkage of Individual Abilities Integrating Seniors Options and Needs**
*4687-02-89/005*
Braemore Home
P.O. Box 515
Sydney, N.S. B1P 6H4

Tel.: (902) 539-7640

To assess disabled seniors' ability to take part in general seniors programs and to create links between disabled seniors and these programs. The project will interview disabled seniors in Sydney to determine the extent and nature of their disabilities and their desire to participate in community programs. Non-disabled seniors and program officials will also be interviewed to determine the feasibility of involving the disabled in general programs.

Amount: $18,400. Duration: 3 months.

## ■■ *Drug, Alcohol, Medication Awareness*

▼

**Seniors and their Medicines**
*4687-02-88/011*
Dalhousie University
Division of Geriatric Medicine
1763 Robie Street
Halifax, N.S. B3H 3G2

Tel.: (902) 420-2648

The project will address the high volume of prescription drugs used by seniors. It will be divided into three phases. First will be a needs assessment/data collection exercise involving 1500 seniors and 48 physicians living in six rural regions. In the second phase, seniors will determine health education strategies. In the third phase, organizers will assess the effectiveness of the strategies on seniors' medication use and on doctors' prescribing behaviour.

Amount: $394,343. Duration: 33 months.

## ■■ *Caregiving*

▼

**Care for the Caregiver: Project on Education and Support for Informal Caregivers to the the Elderly**
*4687-02-88/001*
Mount Saint Vincent University
166 Bedford Highway
Halifax, N.S. B3M 2J6

Tel.: (902) 443-4450

**See "Selected Project Hi-Lites" for description of this project**

Amount: $250,000. Duration: 33 months

▼

**Community Hospice Program for Rural Communities**
*4687-02-88/017*
Hospice Society of Victoria County
P.O. Box 279
Baddeck, N.S.

Tel.: (902) 295-3218

To support Cape Bretoners with life-threatening illnesses and their families by developing and testing a palliative care model for rural communities. The project will launch a hospice education program, train volunteers, and provide relief for caregivers.

Amount: $165,850. Duration: 36 months.

## ■■ *Housing*

▼

**Housing Information Handbook**
*4687-02-88/013*
Canadian Pensioners Concerned
Nova Scotia Division
7001 Mumford Road
Suite 103
Halifax, N.S. B3I 2H9

Tel.: (902) 455-7684

To learn what seniors know about their housing situation and to establish how best to present information that answers questions about housing. A series of workshops will be held throughout Nova Scotia using a draft handbook and questionnaire to refine and expand the publication, which will be distributed by Councils and Clubs of the province and housing interest channels. The booklet will be assessed soon after it has been published. A report on housing concerns will also be released.

Amount: $145,768. Duration: 24 months.

▼

**Halifax-Dartmouth Metro Area Housing Registry**
*4687-02-89/002*
Dartmouth Seniors Kiwanis
Multi-Service Centre
45 Ochterloney Street
Dartmouth, N.S. B2Y 4M7

Tel.: (902) 465-5578

To develop a housing registry to serve the seniors of Metro Halifax and surrounding areas. The project will investigate available housing options and will register them in a computer program. A simple guide for seniors looking for new housing will be produced.

Amount: $24,946. Duration: 12 months.

▼

**Housing Concerns of the Near Elderly**
*4687-02-89/004*
New Dawn Enterprises Ltd.
56 Nepean Street
Sydney, N.S. B1P 6J7

Tel.: (902) 539-9560

Many "near-elderly" (those aged 50-65) worry that reduced income will prevent them from maintaining their family homes after retirement. This project seeks to survey the housing needs of Sydney's near-elderly with an eye to helping as many as possible stay in their homes. Seniors will help develop a telephone questionnaire which will be used to determine the future housing needs of the near-elderly and the role the project sponsor can play in helping to meet those needs.

Amount: $22,010. Duration: 8 months.

▼

**Filling the Gaps**
*4687-02-89/008*
New Deal Development Ltd.
18 King Street
Sydney Mines, N.S. B1V 2Y4

Tel.: (902) 736-3796

To assess the housing needs of Sydney Mines seniors. In particular, the project seeks to determine whether an active seniors' retirement village will meet those needs. After carrying out a needs assessment survey of area seniors, the project will determine the feasibility of a retirement village and will explore possible funding options.

Amount: $24,971. Duration: 12 months.

## ■■ *Education/Awareness*

▼

**Seniors and the Law**
*4687-02-88/006*
Public Legal Education Society of Nova Scotia
Suite 103, 1127 Barrington Street
Halifax, N.S. B3H 2P8

Tel.: (902) 423-7154

To assist the elderly and advocates working on their behalf in dealing with legal issues and health care. Project includes a needs study focusing on topics such as consent to medical treatment, rights of caregivers, and the doctor-patient relationship. Sponsors will also produce an information kit and conduct a series of province-wide workshops to introduce the kits to seniors.

Amount: $80,649. Duration: 22 months.

▼
**Health and Independence in Later Years**
*4687-02-88/008*
St. John Council for Nova Scotia
88 Slayter Street
Dartmouth, N.S. B3A 2A6

Tel.: (902) 463-5646

To help promote good health among Nova Scotia seniors by establishing learning centres in various locations across the province. Directing their activities at non-institutionalized seniors, these centres will use senior volunteers as facilitators and counsellors rather than rely mainly on professionals.

Amount: $349,773. Duration: 36 months.

▼
**Seniors in Support of Expo**
*4687-02-89/011*
Seniors Provincial Advisory Committee,
Seniors' Expo
P.O. Box 2065
1740 Granville Street
Halifax, N.S. B3J 2Z1

Tel.: (902) 424-4649

To help support and promote Seniors' Expo, a major trade fair for Nova Scotia seniors. The project will promote Expo at the county level through a series of presentations at seniors' clubs as well as ads in local media and seniors' papers. The project will also provide support for the "Make-It, Take-It and Try-It Area" of Expo, which offers participants the opportunity to learn and demonstrate new skills.

Amount: $23,540. Duration: 6 months.

## ■■ *Improved Community Resources*

▼
**Étude des besoins des aîné(e)s de Clare et des moyens pour répondre a ces besoins**
*4687-02-88/003*
Université Sainte-Anne
Pointe-de-l'Église, N.S. B0W 1M0

Tel.: (902) 769-2114

To determine the needs of seniors through a survey and meetings throughout the district. Seniors, professionals and clergy are invited to participate. Survey findings will be studied and recommendations will be made to meet the needs expressed.

Amount:. $6,792. Duration: 4 months.

▼
**Seniors Needs Survey**
*4687-02-88/010*
Seniors Needs Survey Board of Directors
188 Main Street
Antigonish County, N.S. B2G 2B9

Tel.: (902) 863-5737

To assess the needs of seniors in Antigonish County through the use of comprehensive questionnaires. Volunteers will help the 3000 recipients of the questionnaire to complete their forms and follow up those who fail to respond. The project will include an evaluation.

Amount: $31,410. Duration: 12 months.

*Nova Scotia... continued*

▼

**Challenge in Participation: A Venture in Co-operation to Support the Advancement of Volunteer Programmes for Seniors (CHIP)**
*4687-02-88/015*
Anglican Diocese of Nova Scotia
5732 College Street
Halifax, N.S. B3H 1X3

Tel.: (902) 420-0717

To develop a community-based network of volunteers to serve isolated seniors throughout Nova Scotia. The project will assess isolated seniors' needs at the community level and will then develop the resources required to meet those needs. It is anticipated that this project will provide an effective model of initiative and leadership in the development of volunteer services for other groups.

Amount: $735,666. Duration: 36 months.

▼

**Colchester Seniors Multi-Purpose Centre**
*4687-02-88/021*
Colchester Seniors Day Care Committee
c/o Colchester County Social Services
Box 697
Truro, N.S. B2N 5E7

Tel.: (902) 895-9236

The Colchester seniors' day care committee will hire a researcher to help develop a blueprint for the Colchester seniors multipurpose centre. Issues to be covered will include programming for the centre, physical locations, organizational structure, total budget, community backing and funding sources. The blueprint will pay particularly close attention to transportation to ensure that the centres are accessible to seniors throughout the county.

Amount: $25,900. Duration: 6 months.

▼

**Electronic Emergency Response System**
*4687-02-88/024*
Pictou County Council of Senior Citizens
2329 Cowan Street
Westville, N.S. BOK 2AO

Tel.: (902) 396-4795

To investigate the security needs of seniors and ways of responding to these needs. A final report will be produced and distributed to government departments and agencies working with seniors.

Amount: $18,570. Duration: 4 months.

▼

**A Study of the Needs and Resources of Senior Citizens in Richmond County**
*4687-02-88/026*
Richmond County Senior Citizens' Advisory Committee
P.O. Box 93
St. Peter's
Richmond County, N.S. B0E 3B0

Tel.: (902) 535-3000

To research and write a report on the physical and social needs of seniors in Richmond County and on services available to them. The project will collect data through interviews with seniors, their caregivers, and agency personnel. The data will be used to prepare a report with recommendations for developing new services.

Amount: $40,486. Duration: 12 months.

# New Brunswick

## ■■ *Rural/Remote*

▼
**Reaching for the Rural Elderly**
*4687-03-88/003*
St. Thomas University
P.O. Box 4569
Fredericton,. N.B. E3B 5G3

Tel.: (506) 452-7700

To provide a fitness program for seniors in rural communities of New Brunswick, based on the High Time model emphasizing movement, flexibility, and breathing. Sponsors will develop a presentation package and design a delivery system for rural areas. Evaluation of the program and interaction with community groups regarding its implementation are components of the project.

Amount: $43,400. Duration: 12 months.

▼
**Leadership en activité physique favorisant l'autonomie des aîné(e)s**
*4687-03-88/004*
Pro-Action 3e Âge Inc.
P.O. Box 606
Edmunston, N.B. E3V 3L2

Tel.: (506) 739-7293

To promote regular fitness activities among northwestern New Brunswick seniors and to recruit and train senior fitness program leaders. The project will offer a fitness program to area seniors'clubs and will develop an audio-visual presentation and course manual to encourage seniors to exercise at home.

Amount: $275,843. Duration: 36 months.

▼
**Physical Fitness for Seniors**
*4687-03-88/012*
South-East Geri-Fitness Committee
Maple Leaf Zone
New Brunswick Senior Citizens' Federation
21 Garland Drive
Riverview, N.B. E1B 3V3

Tel.: (506) 386-6854

To design and test a fitness program for New Brunswick seniors. The project will emphasize activities appropriate for those living in rural areas and will use seniors as peer instructors. In all, about 900 seniors are expected to take part.

Amount: $296,304. Duration: 36 months.

## ■■ *Disabled*

▼
**Older Parents Project**
*4687-03-88/009*
Older Parents Group, Fundy Regional Council (Inc.), New Brunswick Association for Community Living
P.O. Box 803
Saint John, N.B. E2L 4B3

Tel.: (506) 634-7544

To help senior parents of adult mentally handicapped children plan their children's future. The project will produce a practical workbook outlining a step-by-step planning process for families of mentally handicapped children. Support groups for older parents will be established, and guides on personal guardianship and financial and estate planning will be prepared.

Amount: $309,231. Duration: 36 months.

## ■■ *Drug, Alcohol, Medication Awareness*

▼

**Vieillir en Santé**
*4687-03-88/006*
Université du troisieme âge
Université de Moncton
Édifice Jacqueline-Bouchard
Local 172
Moncton, N.B. E1A 3E9

Tel.: (506) 754-2612

To develop and implement a peer-preventive education program on drugs and alcohol. Activities will include needs assessing, developing an information kit, an animator's guidebook, training sessions for animators, and implementing the program.

Amount: $315,700. Duration: 36 months.

## ■■ *Education/Awareness*

▼

**2e Salon provincial des aîné(e)s du Nouveau-Brunswick**
*4687-03-88/010*
Association de Gerontologie du Nouveau-Brunswick
P.O. 5100
Shippagan, N.B. EOB 2PO

Tel.: (506) 336-4796

To acquaint members of the association with existing resources and services; to help the elderly to age in the best and most autonomous way possible. Forty kiosks will be provided by government and private groups. As well, lectures, workshops and film presentations will focus on autonomy and aging.

Amount: $21,038. Duration: 2 months.

▼

**Elements of a Third Age Centre for Anglophone N.B.**
*4687-03-89/006*
St. Thomas University
P.O. Box 4569
Fredericton, N.B. E3B 5G3

Tel.: (506) 452-7700

To establish a seniors' education centre targeted to anglophone New Brunswickers at St. Thomas University. The project will identify educational needs of anglophone seniors through reviews of existing research, surveys of seniors, community meetings, and meetings with seniors' organizations. Activities to link seniors and seniors' organizations to the project and a resource centre will be developed.

Amount: $133,800. Duration: 24 months.

## ■■ *Improved Community Resources*

▼

**Transportation and Handyman Services for Seniors**
*4687-03-89/003*
Fredericton Branch, Canadian Red Cross
65 Brunswick Street
Fredericton, N.B. E3B 1G5

Tel.: (506) 458-8445

To develop a volunteer-based transportation and handyman service for Fredericton seniors. The service will be linked to existing community agencies, such as the Red Cross, and managed by a committee comprising mainly seniors.

Amount: $69,971. Duration: 36 months.

▼

**One Meal a Day – A Helpful Way to Indpendence**
*4687-03-89/005*
South East Region, New Brunswick
Canadian Red Cross Society
42 Silver Lane
Moncton, N.B. E1A 4H3

Tel.: (506) 858-1050

To publicize the Canadian Red Cross Society's Meals to Seniors program in New Brunswick. The project will produce two 8-minute promotional videos, one in English and one in French. The aim of the publicity program is to expand Meals to Seniors, especially in the province's rural areas.

Amount: $11,000. Duration: 4 months.

▼

**Independent Live-in Service for Seniors**
*4687-03-89/013*
People Care Inc.
G 1, 2, 3, Victoria Health Centre
65 Brunswick Street
Fredericton, N.B. E3O 1G0

Tel.: (506) 453-9192

To design a service offering live-in care to elderly Fredericton residents to permit them to remain in their own homes. The project will interview seniors and the agencies which provide care for them and will study models of live-in services in operation elsewhere in Canada. It will also prepare a business plan and identify potential funding sources.

Amount: $25,000. Duration: 12 months.

# Quebec

## ■■ *Women*

▼
**Aidamie: Groupe d'entraide pour personnes en deuil**
*4687-04-88/004*
Animation 55+
33, Boulevard Cité des Jeunes
Hull, Que. J8Y 6T3

Tel.: (819) 771-6609

To set up a support group program for recently widowed seniors in Hull. The aim is to help ease the pain of mourning through counselling and group activities. Twenty widows will be recruited and trained as peer leaders. From this group, a smaller number of animators will be chosen to support group activities.

Amount: $49,895. Duration: 24 months.

▼
**Aîné(e)s en santé**
*4687-04-88/038*
Centre Berthiaume du Tremblay
1474 Fleury Street East
Montréal, Que. H2C 1S1

Tel.: (514) 382-0310

To evaluate the needs of senior women with respect to prescription abuse, isolation, nutrition and home accidents. Committees made up of senior women will be trained to carry out research-action to formulate solutions to combat these health problems.

Amount: $47,092. Duration: 16 months.

▼
**Les Pays d'En-Haut, un bon voisinage**
*4687-04-88/058*
L'Entraide bénévole des Pays d'En-Haut
106, rue de la Guerre
Saint-Sauveur, Que. J0R 1R0

Tel.: (514) 227-5626

To promote and enrich contact between neighbours within an apartment block, neighbourhood or village. The project will involve some one hundred women aged 65 or over who are living alone and have more than one handicap. Volunteers will be trained to work with these women; a series of pamphlets on the theme "Do you know your neighbour?" will be prepared and a multi-media public awareness campaign will take place.

Amount: $17,200. Duration: 24 months.

## ■■ *Rural/Remote*

▼
**Decentralisation de services et recherche**
*4687-04-88/022*
Centre de bénévolat de l'Or Blanc Inc.
312 Morin Boulevard
Asbestos, Que. J1T 3B9

Tel.: (819) 879-6333

With a view to improving the quality of life for rural seniors and to maintaining them in their familiar surroundings, the project will train volunteers in six municipalities. In addition to implementing services for seniors, the volunteers will undertake to convince the municipalities and the caisses populaires of the need for their financial help to develop community resources.

Amount: $106,361. Duration: 36 months.

▼
**Apprendre vieillir (Learning to Age)**
*4687-04-88/035*
Centre Communautaire Pro-Santé Inc.
3 Clarence Street
Baie-Saint-Paul, Que. G0A 1B0

Tel.: (418) 435-2129

The project consists of a series of community initiatives aimed at helping seniors living in seven villages in Charlevoix-Ouest to communicate with each other and resolve mutual problems. The objective is to encourage a region-wide team approach. The project will end with a general assembly and the creation of a seniors' committee made up of seniors active in community affairs and of representatives of volunteer and co-ordinating agencies. The group will supervise and assist the Council in its activities.

Amount: $20,685. Duration: 12 months.

▼
**Carrefour des aîné(e)s**
*4687-04-88/121*
C.R.E.A (Centre régional
d'éducation des adultes)
600 Jalbert Street
Baie-Comeau, Que. G5C 1Z9

Tel.: (418) 589-0871

This three-phased project seeks to create a better understanding of the needs of seniors and to find solutions to improve their situation. A survey by the community will identify the needs and the resources that are available. The results of the survey will be handed over to those in charge who, in turn, will propose an appropriate plan of action.

Amount: $175,093. Duration: 36 months.

## ■■ *Ethno-cultural*

▼
**L'âge d'or: mythe ou réalité dans la communauté haïtienne**
*4687-04-88/033*
Oeuvre d'entraide de l'A.M.H.E. Inc.
469 Jean Talon Street West
Montréal, Que. H1Z 2V9

Tel.: (514) 722-1511

By means of a video and pamphlets written and produced in native Creole language, senior Haitians will be encouraged to integrate into Quebec society. The project will also inform them of the various programs and health services that are available.

Amount: $58,000. Duration: 12 months.

▼
**Ensemble vers l'avenir**
*4687-04-88/063*
Centre portugais de référence
et de promotion sociale
4050 St-Urbain
Montréal, Que. H2W 1V3

Tel.: (514) 842-8046

To integrate Portuguese seniors into their adoptive communities by training leaders to be involved in this integration process. A video will be created to improve awareness of the Portuguese seniors' situation.

Amount: $162,405. Duration: 36 months.

▼
**Info-auto-Aîné(e)s**
*4687-04-88/091*
Association des travailleurs grecs du Quebec
5359 Park Avenue
Montréal, Que. H2V 4G9

Tel.: (514) 279-3526

To draw up an inventory of all groups, services and associations of Greek origin within the city of Montréal. A workshop will be organized for all interested parties to identify the needs of Greek seniors. The objective of the workshop will be to form a committee of seniors who will organize a self-help program.

Amount: $73,792. Duration: 9 months.

▼
**Vers une vie meilleure**
*4687-04-88/117*
Chinese Neighbourhood Society
5615-A Park Avenue
Montréal, Que. H2V 4H2

Tel.: (514) 273-6441

To assist seniors of Chinese origin to integrate into Quebec society. Chinese seniors will be invited to participate in an information and training program given in their native language. Seniors recognized as leaders will be called upon to direct a publicity campaign that will expose the problems facing the Chinese community. Meetings for all generations of Chinese will be organized and the proceedings of the meetings and all other material will be published as a guide for the senior volunteers.

Amount: $97,688. Duration: 28 months.

## ■■ *Alzheimer's*

▼
**Development of a Training Package for Alzheimer Support Group Leaders**
*4687-04-88/120*
Alzheimer Society of Montreal, Inc.
3974 Notre-Dame Street West
Montréal, Que. H4C 1R1

Tel.: (514) 931-4211

To develop a system of support to ease the work of families of victims of Alzheimer's Disease. The support facilities will be concerned with all phases of this disease from its detection up to the demise of the patient. The support should be available in both official languages and of service to all Canadian chapters of the Alzheimer Society.

Amount: $137,922. Duration: 24 months.

## ■■ *Elder Abuse*

▼

**Concertation/information/formation**
*4687-04-88/049*
Forum des citoyen(ne)s âgé(e)s
de Montréal Inc.
1030 St. Alexander, 9th Floor
Montréal, Que. H2Z 1P3

Tel.: (514) 937-7401

The project will be divided into two phases. In the first phase, a training program will be developed to deal with violence and abuse against seniors. The second phase is to sensitize those who must deal directly with violence committed against seniors and at the same time to bring about a general change in attitude. To assist with this project and help seniors to defend their inherent rights, a directory of available services will be published and a network of communications will be established to keep seniors informed.

Amount: $224,887. Duration: 24 months.

## ■■ *Disabled*

▼

**Day Out Survey**
*4687-04-88/043*
The National Council of
Jewish Women of Canada
5775 Victoria Street, #102
Montréal, Que. H3W 2R4

Tel.: (514) 733-7589

To contact handicapped elderly persons in the area to determine their social and recreational needs. Sponsors will undertake a survey using biweekly advertisements in local newspapers. Results will be transmitted to social service centres in the area.

Amount: $2,845. Duration: 10 weeks.

## ■■ *Caregiving*

▼

**Projet Relais**
*4687-04-88/008*
Centre communautaire des Aînés de
St-Michel de Rosemont
3780 Villeroy
Montréal, Que. H2A 1G6

Tel.: (514) 374-3470

To provide sitting services within a centre for seniors with diminished autonomy, another for sitting services in the homes of such seniors, and a volunteer training program.

Amount: $155,318. Duration: 36 months.

▼

**Assistance aux aînés**
*4687-04-88/014*
Le Centre de bénévolat de
Saint-Hyacinthe Inc.
1015 rue Girouard ouest
Saint-Hyacinthe, Que. J2S 2Y8

Tel.: (514) 773-4966

To evaluate the services offered by the sponsoring centre as well as other local organizations. An analysis of senior's current and future needs will follow, leading to a plan for restructuring.

Amount: $32,263. Duration: 12 months.

▼

**Maintien des personnes âgées atteintes de cancer en soins palliatifs à domicile par un réseau de bénévoles**
*4687-04-88/087*
O.G.P.A.C. (Organisme gaspésien des personnes atteintes de cancer)
P.O. Box 600
Maria Bonaventure County, Que. G0C 1Y0

Tel.: (418) 759-3443

This project seeks to develop training material on a continuing basis for volunteers to enable them to care for cancer patients in their homes until the onset of the terminal phase of the illness.

Amount: $7,800. Duration: 12 months.

▼

**Campagne de sensibilisation pour développer la qualité de vie des aidant(e)s**
*4687-04-89-188*
Comité regional des aidant(e)s de Lotbinière
135 de la Station
Laurier-Station, Que. G0S 1N0

Tel.: (418) 728-3435

The purpose of this project is to animate a role-playing scene wherein the seniors are invited to suggest solutions to feelings of loneliness experienced by seniors and to elaborate on the insensitivity of those close to them. This theatrical presentation will travel to four regional municipalities. Following the presentation, a workshop will be organized to study the resulting proposals.

Amount: $13,335. Duration: 12 months.

## ■■ *Self-Help/Mutual Aid*

▼

**Bien vivre sa retraite chez soi**
*4687-04-88/021*
A.Q.D.R. Mont-Laurier sector
436 Mariale Street
Mont-Laurier, Que. J9L 1C5

Tel.: (819) 623-5209

A play focusing on the problems of adapting to retirement and the loss of independence will be used as a basis for discussion among seniors. Participants will be invited to offer suggestions to improve the quality of their lives, and pamphlets with relevant information will be distributed. A summary of the suggestions will be submitted to representatives of health and social service institutions. The final step will be a follow-up evaluation of the project by health and social services.

Amount: $47,150. Duration: 12 months.

*Quebec... continued*

▼

**Entr'Aîné(e)s**
*4687-04-88/027*
Centre de bénévolat de la
région de Shawinigan
2485, 8th Avenue
Shawinigan-Sud, Que. G9P 1V3

Tel.: (819) 537-1444

To create an inventory of home services and a self-help network operated solely by seniors. The objective is to involve seniors and to enable them to find solutions to their own problems. Participants will be invited to express their views and to formulate an approach that can be shared with other self-help groups.

Amount: $69,920. Duration: 18 months.

▼

**Citizens – First Class**
*4687-04-88/030*
West Island Citizen Advocacy
93 Lucerne Rd., Suite 7
Pointe-Claire, Que. H9R 2V1

Tel.: (514) 694-5950

To link volunteers and seniors through a telephone reassurance program and to lend support during times of crisis. Sponsors will also reach out to seniors living in institutions to ensure their needs are met. To foster self-help, seniors themselves will be encouraged to become volunteers.

Amount: $86,330. Duration: 24 months.

▼

**Service de soutien et d'accompagnement**
*4687-04-88/039*
Comité d'action des citoyens de Verdun
532 de l'Église Street
Verdun, Que. H4G 2M4

Tel.: (514) 767-3690

To train seniors to undertake a self-help program in solving housing problems. The project will focus on training programs conducted by specialists and volunteers, information meetings, publicity drives, a bimonthly newsletter and a resource directory. These added resources will better equip seniors to defend their interests as well as their rights.

Amount: $180,000. Duration: 36 months.

▼

**Le Nordest et les aîné(e)s**
*4687-04-88/044*
Centre de bénévolat le Nordest
23 Second Avenue, P.O. Box 110
Forestville, Que. G0T 1E0

Tel.: (418) 587-4226

To identify the needs of seniors and to propose viable means of assistance; to make an inventory of the main regional resources and to establish a training program for those seniors who may wish to become involved.

Amount: $20,619. Duration: 12 months.

▼
**Vieillir, c'est la vie**
*4687-04-88/045*
Conseil régional de la Santé et des services sociaux, région de Trois-Rivières
550 Bonaventure Street
Trois-Rivières, Que. G9A 2B5

Tel.: (819) 379-3771

This project will introduce a novel approach to television programs which will portray the positive aspects of the different phases of life. These programs will serve as training aids for seniors who will lead seniors' self-help groups. At the conclusion of the project, there will be a review to assess the effectiveness of this approach.

Amount: $52,293. Duration: 10 months.

▼
**Partage-Action**
*4687-04-88/073*
Centre d'entraide bénévole de Saint-Amable Inc.
536 Daniel, C.P. 391
Saint-Amable, Que. J0L 1N0

Tel.: (514) 649-0604

To establish a seniors' self-help network and to form a seniors volunteer committee mandated to structure and implement a friendly visiting program and a telephone assurance program for other seniors in the region.

Amount: $18,190. Duration: 9 months.

▼
**Alli-âges Lotbinière**
*4687-04-88/097*
Comité de citoyens du 3e âge, secteur Tilly
118 Côté Street (Lotbinière County)
Laurier-Station, Que. G0S 1Z0

Tel.: (418) 728-3435

Following a survey to identify the needs of seniors, a regional workshop will be held in order to identify existing services and the areas of deficiency. Participants will be expected to formulate suggestions to deal with seniors' problems and to develop a training program for seniors who may wish to become involved in a self-help approach.

Amount: $49,550. Duration: 12 months.

▼
**Action – Aînées**
*4687-04-88/101*
Club de l'Âge d'Or d'East Angus
146, Angus Nord
East Angus, Que. J0B 1R0

Tel.: (819) 832-3153

To reduce the number of break-ins and other property crimes against East Angus seniors and thus allow them to remain longer in their own homes. The project will establish a neighbourhood watch program featuring information sessions on crime prevention hosted by local police. A resource bank to help seniors with housework will also be established.

Amount: $45,123. Duration: 12 months.

▼
**Place aux aidants naturels**
*4687-04-88/110*
Association québécoise de gérontologie
107 Binet Street
Hull, Que. J8Y 2V1

Tél.: (819) 770-3846

To develop a public information program, a training program and a self-help network for people caring for seniors who have lost their independence. The project also aims to create information material, including audio-visuals, by working with specially trained seniors. A publicity campaign will be undertaken to inform the public of this program.

Amount: $231,584. Duration: 27 months.

▼
**Interventions visant à rejoindre des aîné(e)s isolé(e)s**
*4687-04-88/115*
Centre communautaire
Le Rendez-vous (Laval) inc.
232, Des Laurentides Blvd.
Laval, Que. H7G 2T6

Tel.: (514) 667-8836

To reach out to low-income seniors living alone and to integrate them into the community to enhance feelings of belonging. The program will also develop a plan of action for a self-help program.

Amount: $66,263. Duration: 20 months.

▼
**Développement de 14 groupes d'entraide**
*4687-04-88/144*
Le comité des aîné(e)s de la MRC
du Haut Saint-Francois
209 des Erables, local 311, P.O. Box 69
Weedon, Que. J0B 3J0

Tel.: (819) 877-3223

To establish self-help groups to assist seniors. As part of this project a publicity campaign will be directed in order to sensitize the population. Public meetings, recruitment, and a training program will be organized to ensure the continuity of these support groups.

Amount: $153,609. Duration: 32 months.

▼
**Les personnes âgées, leur famille et le support d'agents multiplicateurs**
*4687-04-89/169*
L'Association des loirsir thérapeutiques
de Saint-Hubert (L'A.L.T.S.H.)
3857 Mount Royal
Saint-Hubert, Que. J4T 2H2

Tel.: (514) 445-9290

To train people who will provide support to families of the sick or infirm and low-income families. A publicity campaign, a training program and a symposium will be held to highlight the importance of mutual help.

Amount: $104,184. Duration: 24 months.

## ■■ *Education/Awareness*

▼
**Salon international des Aîné(e)s**
*4687-04-88/005*
Fondation des ainés
1037, Boulevard St. Joseph
Montréal, Que. H2J 1L2

Tel.: (514) 845-2317

To inform seniors about various services available to them. The salon setting will bring together the various organizations working with seniors.

Amount: $25,000. Duration: 5 days.

▼
**Les aîné(e)s prennent leur place**
*4687-04-88/012*
Groupe d'action 50 ans et plus
3 Clarence Street
Baie-Saint-Paul, Que. G0A 1B0

Tel.: (418) 435-3265

To provide a series of symposia in seven villages in Charlevoix-Ouest aimed at changing seniors' attitudes toward their role in the community. The themes planned are socio-health, socio-political and socio-cultural behaviour.

Amount: $145,575. Duration: 36 months.

▼
**L'Action bénévole et les aîné(e)s de l'an 2000**
*4687-04-88/056*
Le Centre d'action bénévole "La Mosaique"
160 Charron Street
Lemoyne, Que. J4R 2K7

Tel.: (514) 465-1803

To study the impact of changes in social organization on the volunteer involvement of seniors in the year 2000. The project will also identify future models of volunteer action and stimulate involvement of social leaders by drawing up an inventory of existing volunteer resources, followed by an index of references. A symposium will be organized for today's seniors and the seniors of the year 2000.

Amount: $173,247. Duration: 24 months.

▼
**Des petits centres d'activités communautaires**
*4687-04-88/099*
Comité du 3e âge du secteur Desjardins
2055 de la Rive Blvd. South
Saint-Romuald, Que. G6W 2S5

Tel.: (418) 839-3511

To collect educational material and to prepare a guide outlining the organization of community centre activities. The project will also establish a program of activities and recruit leaders to be trained for each of the senior clubs in the region.

Amount: $37,725. Duration: 12 months.

▼
**La démarche "Vieillir en santé"**
*4687-04-88/105*
Corporation de développement communautaire
Beauharnois-Salaberry Valleyfield
476 St. Thomas Street
Valleyfield, Que. J6T 4K7

Tel.: (514) 371-0143

To improve the health of seniors through preventive measures and community effort. Within the community seniors must lead the way by establishing health clubs. Those seniors who have shown an interest will be invited to participate in creating an audio-visual presentation to be used for health awareness.

Amount: $76,859. Duration: 10 months.

▼
**Qualité de vie en milieu institutionnel**
*4687-04-88/106*
Le Comite des residents du
Centre d'accueil N.A. Labrie
659 Blanche Boulevard
Baie-Comeau, Que. G5C 2B2

Tel.:(418) 589-5704

A charter of rights for seniors will be developed. The goal is to increase awareness of the entire regional network of centres, and of the general population.

Amount: $53,784. Duration: 18 months.

▼
**Multiressources au service de l'entraide**
*4687-04-88/108*
Les aîné(e)s de J.A.K. inc.
3699 Saint-Michel
Jonquière, Que. G7X 2J1

Tel.: (418) 542-0351

To establish a network of mutual assistance. A census will be taken of interested seniors together with the skills and talents they offer. As a result of this survey, a training program and an information campaign will be undertaken to publicize the network.

Amount: $43,595. Duration: 14 months.

▼
**Conférence internationale sur le viellissement et le travail**
*4687-04-88/118*
Institut de recherche appliqué
sur le travail (IRAT)
1259 Berri Street, Bureau 900
Montréal, Que. H2L 4C7

Tel.: (418) 845-9165

The Institute will hold an international conference on the aging worker to give 400 local people the opportunity to obtain information and exchange views on research carried out here and in other countries on aging and its effects on work. The symposium will be followed by publication of the papers presented and a summary of proceedings.

Amount: $10,000. Duration: 2 months.

▼
**Cahiers pédagogiques "La vie continue"**
*4687-04-88/123*
Télé-Université
2635 Hochelaga Street, 7th Floor
P.O. Box 10
700 Place de la Cité
Sainte-Foy, Que. H2J 4C2

Tel.: (418) 657-2262

The purpose of this project is to further the education plan as introduced by Radio-Québec in its program entitled "C'est la vie", which portrays the various stages in the life of a senior. The project calls for producing 12 workbooks (four quarterly editions) which will be used by the seniors registered for the course.

Amount: $386,820. Duration: 36 months.

▼
**Vidéo sur le vieillissement normal au niveau intellectuel**
*4687-04-88/127*
CLSC Côte des Neiges
3600 Van Horne Avenue
Montréal, Que. H3S 1R6

Tel.: (514) 731-8531

To inform seniors about the natural changes that affect memory with age. As part of the project, a video will be prepared along with brief notes on ways to help seniors to adapt to these changes.

Amount: $15,260. Duration: 24 months.

▼
**8e Colloque international de la Fédération international des Associations de personnes âgées (F.I.A.P.A.)**
*4687-04-89/183*
Fédération de l'âge d'or
du Québec (F.A.D.O.Q.)
4545 Pierre de Coubertin Avenue
Montréal, Que. H1V 3R2

Tel.: (514) 252-3017

To organize the Eighth International Congress of the International Federation of Associations of Seniors, to be held for the first time in North America. This meeting will last for four days and will provide a forum for seniors from different countries to discuss their common needs and interests and ways to improve their lives.

Amount: $302,921. Duration: 12 months.

## ■■ *Improved Community Resources*

▼
**Info-aîné(e)s**
*4687-04-88/016*
Regroupement pour l'autonomie
des aîné(e)s du Nord du Quebec
4 Saint-Pierre West
P.O. Box 186
Val-Brillant, Que. G0J 3L0

Tel.: (418) 742-3824

To produce an inventory of all programs, services, groupings, organizations, and resources that serve the needs of seniors in urban centres and surrounding regions. As part of this project, teams of trained seniors will serve in four of the seventeen municipalities to provide information about the services that are available and to encourage seniors to use these services.

Amount: $143,782. Duration: 12 months.

▼

**Colloque**
*4687-04-88/020*
Regroupement des popotes roulantes
et autres services alimentaires bénévoles
1246 Bishop Street
Montréal, Que. H3G 2E3

Tel.: (514) 866-3351

To organize a meeting to unite representatives of Meals on Wheels from all regions of Quebec and to discuss the election of a board of directors composed of elected members from each of the regions. An important objective of this meeting will be to clarify the mandate of the project and draw up a plan of action aimed at improving the services offered to seniors.

Amount: $82,012. Duration: 10 months.

▼

**Programme de santé active pour personnes âgées**
*4687-04-88/036*
Club de l'âge d'or de Papineauville
c/o Services de Santé active D.L.
23 rue de la Berline
Hull, Que. J8Z 2C7

Tel.: (819) 595-4883

To increase seniors' awareness of health programs by preparing and distributing printed and visual material about illness and accident prevention and the importance of physical activity. The project will serve as a means of communication aimed at establishing an intercommunity self-help program and facilitating an environment receptive to health promotion.

Amount: $63,000. Duration: 24 months.

▼

**Entraide 3e âge Saint-Hubert**
*4687-04-88/037*
Association des loisirs thérapeutiques
de Saint-Hubert
3857 rue Mont-Royal
Saint-Hubert, Que. J4T 2H2

Tel.: (514) 445-9290

To create community support groups for seniors based on the approach of collective problem solving. By helping local communities look after their seniors and by providing the necessary support services, the sponsoring group will assist people with decreased autonomy to remain at home.

Amount: $93,000. Duration: 24 months.

▼

**Autonomie des aîné(e)s**
*4687-04-88/059*
Les Grands Ménages Manie-Tout Inc.
1801 Bourbonnière
Montréal, Que. H2Z 1X4

Tel.: (514) 526-5815

To improve available services and to examine service requirements of seniors in the neighbourhood, with a view to developing new programs. A staff training and evaluation guide will be drawn up and adapted to their specific needs. This will serve as an evaluation tool for the quality of work in future.

Amount: $37,555. Duration: 12 months.

▼

**Cueillette et analyse des besoins des aînés à l'égard de l'information diffusée par les médias, particulièrement la radio**
*4687-04-88/061*
Publications F.A.D.O.Q.
4545 Pierre de Coubertin
P.O. Box 1000, Station M
Montréal, Que. H1V 3R2

Tel.: (514) 252-3145

To study the interests and needs of Montrealers aged 55 and over with respect to print and broadcast media in the metropolitan area. The study will be assessed and the need for a radio station specifically aimed at disseminating information for seniors will be examined.

Amount: $11,700. Duration: 2 months.

▼

**Programme de formation des aînés**
*4687-04-88/065*
Centre de jour-YMCA
255 Ash Street
Montréal, Que. H3K 1R1

Tel.: (514) 935-4711

To assume responsibility for the social, community, cultural, and organizational life of a seniors' drop-in centre. This involves a three-tiered training program which will focus on assuming responsibility for one's own aging, senior involvement in the community, and group facilitation. A seniors' committee will be formed to administer the centre.

Amount: $20,263. Duration: 12 months.

▼

**Élaboration d'un centre de ressources pour les aîné(e)s**
*4687-04-88/076*
YMCA de Que.
835 St. Cyrille Boulevard West
Québec, Que. G1S 1T4

Tel.: (418) 527-2518

To set up a data base of contacts interested in establishing a community centre for seniors. This centre will offer a variety of activities and services of interest to seniors.

Amount: $56,164. Duration: 12 months.

▼

**Développement de nouvelles stratégies pour encourager l'implication active de personnes âgées dans la région 01**
*4687-04-88/080*
Association des aînés et aînées
de l'Université du Quebec à Rimouski
300 des Ursulines Alley
Rimouski, Que. G5L 3A1

Tel.: (418) 724-1542

To establish a data bank of skilled seniors interested in sharing their know-how with their peers. This project will call upon seniors to participate in the economic, cultural, and social development of their environment and to utilize to the fullest the human and social resources which otherwise would not be used.

Amount: $128,228. Duration: 27 months.

*Quebec... continued*

▼
**Home Visit/Accompaniment Project**
*4687-04-88/147*
Project Genesis
5940 Victoria
Montréal, Que. H3W 2R8

Tel.: (514) 738-2036

To inform seniors of available services. The program also calls for widening the services to include support and adequate training to a group of seniors willing to organize a companion and home visiting program for shut-ins.

Amount: $161,309. Duration: 24 months.

▼
**Action 3e âge 1989**
*4687-04-89/154*
Action 3e âge du Transcontinental
1943A Principale, Pohenegamok
Saint-Eleuthère, Que. G0L 2T0

Tel.: (418) 859-2450

**See "Selected Project Hi-Lites" for description of this project**

Amount: $67,770. Duration: 24 months.

# Ontario

## ■■ *Women*

▼
**Plein feu sur la vie**
*4687-05-88/010*
Union culturelle des Franco-Ontariennes
50, rue Vaughan, local 6
Ottawa, Ont. K1M 1X1

Tel.: (613) 741-1334

To assist Franco-Ontarian women of pre-retirement or retirement age living in rural, semi-rural or urban communities. Activities will consist of seven workshops on the themes of housing, finances, legal questions, recreation, health, death, and intergenerational relationships, and the aim will be to help these women deal better with this stage in their lives.

Amount: $193,528. Duration: 24 months.

▼
**Preparing for the Later Years**
*4687-05-88/013*
Working Women Community Centre
533 A Gladstone Avenue
Toronto, Ont. M6H 3J1

Tel.: (416) 532-8230

To address the health concerns of older immigrant women, the Centre will organize discussions, workshops, and lectures to identify health needs. Culturally appropriate material for immigrant women will be produced, including a manual to guide ethnic facilitators of other communities to organize similar self-help groups.

Amount: $38,344. Duration: 13 months.

▼
**Senior Widows' Support Group**
*4687-05-88/025*
Portuguese Social Service Centre of Toronto
84 Rusholme Road
Toronto, Ont. M6J 3H6

Tel.: (416) 533-5507

To assist in integrating senior Portuguese-speaking widows into the community by helping them to develop skills and to participate in self-help/mutual aid groups. Project workers will provide initial organizational training and administrative support to enable members to develop programs which will enhance their quality of life at all levels.

Amount: $95,042. Duration: 36 months.

▼
**Support Groups for Older Farm Women in Saskatchewan**
*4687-07-89/032*
Women's Inter-Church Council of Canada
77 Charles Street
Toronto, Ont. M5S 1K5

Tel.: (416) 922-6188

**See "Selected Project Hi-Lites" for description of this project**

▼
**Sistering**
*4687-05-88/033*
Sistering
386 Bathurst Street
Toronto, Ont. M5T 2S6

Tel.: (416) 861-1954

This organization, which initially served homeless and transient women, in 1987 introduced a program to serve isolated women in the Parkdale, Toronto, area. The project focuses on the plight of low-income, severely isolated senior women to help them regain independence, dignity and self-respect and to integrate into the community.

Amount: $285,274. Duration: 36 months.

*Ontario... continued*

▼
**"Share and Care" Needs Assessment**
*4687-05-88/044*
Sharing (Metro Toronto Sharing Accommodation Service for Older People)
339 Bloor Street North, Room 212
Toronto, Ont. M5S 1W8

Tel.: (416) 591-1657

To determine the feasibility of meeting the home support service needs of Toronto's elderly, and of senior women in search of affordable housing, through a service exchange. The project will conduct a literature search, consult with social service agencies, carry out a needs assessment survey, and compile a list of seniors interested in providing home support services.

Amount: $61,859. Duration: 12 months.

▼
**Older Women, Caregivers and Drug Use**
*4687-05-88/057*
Action on Women's Addictions – Research and Education (AWARE) Kingston
P.O. Box 86
Kingston, Ont. K7L 4V6

Tel.: (613) 545-0117

To help prevent alcohol and drug abuse among senior women living alone in Kingston. The project will produce two bilingual information booklets on alcohol and drug use, one directed at users and the other at their caregivers. The aim of the booklets is to help senior women make informed choices about drugs and alcohol, and to show them healthier ways of dealing with stress.

Amount: $341,915. Duration: 24 months.

▼
**Wellness Program – Phase One**
*4687-05-89/007*
Family Service Association of Metropolitan Toronto
22 Wellesley Street East
Toronto, Ont. M4Y 1G3

Tel.: (416) 922-3126

To develop a preventive "Wellness Program" targeted to low-income, ethnic senior women in Metro Toronto. These women tend to be "high-risk" in terms of health, partly because few of them follow any kind of health routine. The aim is to help the women live healthier lives and to take more responsibility for their health care. Project activities will include a variety of workshops and seminars and visits to wellness programs in other cities.

Amount: $26,520. Duration: 7 months.

▼
**We Are Seniors**
*4687-05-89/025*
Polish Canadian Community Services
2333 Dundas Street West, Suite 408
Toronto, Ont. M6R 3A6

Tel.: (416) 533-9471

To assess the needs of Metro Toronto's Polish-Canadian seniors. The study will emphasize the needs of isolated and abused seniors, especially women. Senior volunteers will accompany the project's research staff for interviews with seniors. The long-term aim is to encourage the formation of self-help groups in the city's Polish-Canadian community.

Amount: $58,257. Duration: 9 months.

*Ontario... continued*

▼
**Education and the Older Woman**
*4687-05-89/051*
Canadian Congress for
Learning Opportunties for Women
47 Main Street
Toronto, Ont. M4E 2V6

Tel.: (416) 960-4644

To produce a publication on senior women's educational concerns. The publication will be a special edition of the magazine "Women's Education des femmes." It will address such issues as courses and curricula relevant to older women, ageism in the classroom, and increasing self-esteem and independence through education.

Amount: $21,648. Duration: 7 months.

▼
**Conference on Women & Aging (Stratford)**
*4687-05-89/058*
Seniors Planning Council of Perth County
c/o 91 Brunswick Street
Stratford, Ont. N5A 3L9

Tel.: (519) 271-7991

To provide senior women in Perth County with information they need to participate in decision-making processes that affect them. The project will host a one-day conference on Women and Aging, which will include sessions on the organization of government bodies whose policies affect older women, and on managing one's legal and financial affairs. A written conference report will be distributed to key individuals in the community and to conference participants.

Amount: $11,000. Duration: 5 months.

▼
**Women and Aging**
*4687-05-89/059*
T.I.E. Club
56 West Street North
Orillia, Ont. L3V 5C2

Tel.: (705) 326-0802

To help senior women in Simcoe County participate more effectively in decision-making processes that affect them. The project will hold a one-day conference in Orillia on Women and Aging. Conference topics will include the interests of well and active seniors and the enhancement of senior women's skills. A report will be produced and distributed to key individuals in the community.

Amount: $11,000. Duration: 5 months.

## ■■ *Rural/Remote*

▼
**Consultant Study to Identify Needs of Seniors**
*4687-05-89/035*
Kemptville and District Home Support Inc.
146 Prescott Street, Box 1192
Kemptville, Ont. K0J 1J0

Tel.: (613) 258-3203

To assess the needs of rural seniors in the Kemptville area. A needs assessment will be conducted in four area communities to identify the services necessary to enable the seniors to remain in their own homes. The survey results will be distributed to the area's municipal governments and to local seniors', health care, and social service organizations.

Amount: $34,800. Duration: 3 months.

▼
**Awareness – Seniors Needs Study**
*4687-05-89/043*
The "S.O.S." Information and
Special Service Centre
33 James Street, Suite 1A
Parry Sound, Ont. P2A 1T6

Tel.: (705) 746-4325

To conduct a detailed assessment of support services available to seniors in West Parry Sound, a somewhat isolated rural community which lacks many big-city resources. In conducting the needs assessment, the project will contact as many of the area's seniors as possible. The final report will include recommendations for additional services to meet identified needs.

Amount: $22,862. Duration: 6 months.

▼
**Community Awareness – Resource Development**
*4687-05-89/048*
Valleyview Senior Citizens Drop-In Centre
29 Elysian Street
St. Thomas, Ont. N5P 1R5

Tel.: (519) 633-2850

To help make Elgin County's isolated rural seniors more aware of the community services available to them. The project will produce various information tools, including a slide presentation, display boards, and a brochure. The boards will eventually be used by senior volunteers to make presentations in small towns throughout the county.

Amount: $16,700. Duration: 3 months.

## ■■ *Ethno-cultural*

▼
**Davenport-Perth Seniors' Resource Centre**
*4687-05-88/014*
Davenport-Perth
Neighbourhood Centre
1900-04 Davenport Road
Toronto, Ont. M6N 1B7

Tel.: (416) 656-8025

To develop a Seniors' Resource Centre to mobilize older adults from multicultural backgrounds and to assist them in implementing education and wellness programs. Seniors from different ethnic groups will help to identify health needs of target populations, implement programs, and expand the seniors' interpersonal and intercultural network. Program activities include providing information and referrals, health fairs, establishing a buddy system, outreach, and fitness.

Amount: $156,000. Duration: 32 months.

▼
**For Yesterday, Today and Tomorrow**
*4687-05-88/024*
Federation of Italian Canadian Seniors
901 Lawrence Avenue West, #305
Toronto, Ont. M6A 1C3

Tel.: (416) 787-4340

**See "Selected Project Hi-Lites" for description of this project**

Amount: $425,173. Duration: 36 months.

▼
**Aging in a Multicultural Society**
*4687-05-88/041*
Access Action Council – Social Planning Council of Metro Toronto
950 Yonge Street, #1000
Toronto, Ont. M4W 2J4

Tel.: (416) 961-9831

To help seniors from Toronto's various ethno-cultural communities identify and resolve problems related to aging and ethnicity, such as isolation, low incomes, and inadequate access to health and social services. A conference will be organized involving up to 400 participants, 75 percent of whom will be seniors. The conference will develop strategies and recommendations for improving the situation of the city's ethnic seniors. A conference report will be produced and distributed to participants and officials in the field of aging.

Amount: $127,795. Duration: 12 months.

▼
**A Needs Assessment about the Spanish Speaking Elderly**
*4687-05-88/042*
Hispanic Council of Metro Toronto
58 Cecil Street
Toronto, Ont. M5T 1N6

Tel.: (416) 533-2792

To identify the special problems of Metro Toronto's Spanish-speaking seniors by conducting a study of this group. Results of the study will be widely distributed to government and non-profit agencies so that they can more effectively respond to the needs of Spanish-speaking seniors.

Amount: $70,474. Duration: 11 months.

▼
**Demonstration Model to Meet Nutritional and Social Needs of Chinese Frail/Homebound Elderly**
*4687-05-88/051*
Woodgreen Community Centre of Toronto
835 Queen Street East
Toronto, Ont. M4M 1H9

Tel.: (416) 469-5211

Homebound or elderly Chinese seniors tend to have difficulty adjusting to Canadian food and thus cannot be served by existing Meals on Wheels programs. To help meet their special needs, the project will develop a specific nutritional program. A peer support group will explore such options as a food shopping, home delivery service, and meal preparation in seniors' homes.

Amount: $161,524. Duration: 24 months.

▼
**Increasing Participation of Ethnic and Under-Represented Groups In Educational Activities for Seniors**
*4687-05-88/055*
University of Toronto –
School of Continuing Education
58 St. George Street
Toronto, Ont. M5S 2V8

Tel.: (416) 978-6714

To help organize a two-day conference for senior citizens and program planners who are currently active in education programs in the city of Toronto. Participants will develop a strategy and a plan of action in order to increase the participation of seniors from minority cultural and ethnic groups in educational activities.

Amount: $58,417. Duration: 9 months.

▼

**Momiji: Japanese-Canadian Survey Needs Project**
*4687-05-89/009*
Momiji Health Care Society
c/o Castleview-Wychcood Towers
351 Christie Street
Toronto, Ont. M6G 3C3

Tel.: (416) 733-0465

To assess the need for support services in Metro Toronto for Japanese-Canadian seniors. The project will identify these seniors' linguistic, cultural, and social needs; determine what support services the seniors now use; and decide what additional services may be required.

Amount: $102,090. Duration: 12 months.

▼

**Community Resource Information Packets for Seniors**
*4687-05-89/013*
Catholic Charities of the
Archdiocese of Toronto
67 Bond Street, Suite 102
Toronto, Ont.
M5B 1X5

Tel.: (416) 363-1301

To inform Metro Toronto seniors, especially women living alone and members of ethnocultural communities, of the community support services available to them. Workshops will be held and seniors will discuss the contents of resource information packets with community service providers. Informational pamphlets will then be produced in Italian, Portugese, Spanish, Polish, Chinese, French, and English and distributed throughout the Archdiocese of Toronto.

Amount: $149,650. Duration: 30 months.

▼

**Senior Needs Assessment**
*4687-05-89/033*
COSTI-IIAS Immigration Services
1710 Dufferin Street
Toronto, Ont. M6E 3P3

Tel.: (416) 658-1600

To help Toronto's socially isolated seniors in Italian, Portugese, and East Indian communities learn to make better use of city services. The project will sponsor a community forum in each of the three ethnic communities. At these forums, seniors will discuss their needs and the personnel of social service agencies will inform seniors and their families of the community resources available to meet those needs.

Amount: $27,800. Duration: 6 months.

▼

**Development of Culturally Relevant Health Care Material, with and for Seniors**
*4687-05-89/045*
South Riverdale Community Health Centre
1091 Queen Street East
Toronto, Ont. M4M 1K7

Tel.: (416) 469-3917

To make information on nutrition and health care more readily available to Chinese-speaking seniors in the South Riverdale area of Toronto. The project will produce a slide-tape presentation and pamphlets on healthy food choices and preventive "wellness" programs in both English and Chinese.

Amount: $16,000. Duration: 12 months.

## ■■ *Alzheimer's*

▼
**Human Resources Volunteer Development Project**
*4687-05-89/021*
Alzheimer Association of Ontario
131 Bloor Street West, Suite 423
Toronto, Ont. M5S 1R1

Tel.: (416) 967-5900

To improve the training of family members and other volunteer caregivers working with Alzheimer's patients and increase the number of senior Alzheimer's volunteers. The project will develop a variety of manuals and other resource materials which will address such issues as family support, peer counselling, and day program assistance.

Amount: $225,600. Duration: 30 months.

## ■■ *Elder Abuse*

▼
**Handbook on Elder Abuse**
*4687-05-88/036*
Ontario Association of
Professional Social Workers
410 Jarvis Street
Toronto, Ont. M4Y 2G6

Tel.: (416) 923-4848

To address the needs of abused older adults – particularly women – and to help professionals to deal effectively with them. Funding will enable sponsors to produce a handbook on elder abuse dealing with the definitions and indications of abuse, effective techniques for intervening in a variety of situations, community resources, and protocols for practitioners.

Amount: $129,000. Duration: 24 months.

▼
**Action Against Elder Abuse**
*4687-05-89/020*
Awareness Project on the Abuse of the Elderly
1003 Steeles Avenue West
North York, Ont. M2R 3T6

Tel.: (416) 225-2112

To increase public awareness of the elder abuse problem in Willowdale, and to seek ways of dealing with the problem through the involvement of senior volunteers. The project will produce a variety of written resource materials on elder abuse and will organize a conference and a lecture series on the subject.

Amount: $24,804. Duration: 12 months.

▼
**Elder Abuse Awareness Project**
*4687-05-89/031*
Crime & Abuse Subcommittee
Toronto Mayor's Committee on Aging
City Hall
Toronto, Ont. M5H 2N2

Tel.: (416) 392-0127

To reduce elder abuse in Toronto through a comprehensive community education program. The project will produce educational materials, make detailed plans for a special Elder Abuse month, establish a speakers' bureau, and conduct other activities. Particular attention will be paid to elder abuse in the city's ethnic communities.

Amount: $25,000. Duration: 10 months.

## ■■ *Disabled*

▼
**Community Outreach to Hearing Impaired Seniors**
*4687-05-88/003*
Canadian Hearing Society, Windsor Region
1695 University Avenue, Unit B
Windsor, Ont. N9B 1C3

Tel.: (519) 253-7241

To develop self-help and support groups for hearing-impaired seniors; to establish an information and referral program to provide information about hearing loss and solutions; to provide training and community group workshops with senior participation; to determine special needs of hearing-impaired seniors; and to help organizations install special listening devices.

Amount: $250,270. Duration: 24 months.

▼
**Project Impact**
*4687-05-88/006*
The Canadian Hearing Society
271 Spadina Road
Toronto, Ont. M5R 2V3

Tel.: (416) 964-9595

To promote self-help and mutual aid for hearing-impaired seniors through the use of educational videos. Sponsors will produce six training videos for professionals and fourteen videos for target-group members. CHS will use this material, to be available in five languages, with established community groups and for seniors confined to home. Educational workshops for staff and other professionals will be conducted across the province.

Amount: $749,589. Duration: 36 months.

▼
**Volunteer Development**
*4687-05-88/007*
Call-A-Service Inc.
Harmony Hall Centre for Seniors
2 Gower Street
Toronto, Ont. M4B 1E2

Tel.: (416) 752-0101

To improve and expand transportation and personal services to frail and disabled seniors by developing a volunteer-support component to the existing Call-A-Service program. The project objective is to increase the existing number of drivers and to introduce volunteer orientation, training, and recognition. A final project report will help to determine factors such as cost-effectiveness of the volunteer model.

Amount: $77,398. Duration: 36 months.

▼
**Community Outreach to Hearing Impaired Seniors**
*4687-05-88/047*
Canadian Hearing Society
216 Murray Street
Ottawa, Ont. K1N 5N1

Tel.: (613) 236-0509

To launch a public education program about hearing loss to help improve the quality of life of hearing-impaired seniors living in Ottawa-Vanier. The project will develop self-help and speech-reading groups. Another aim is to expand existing volunteer efforts into the rural areas around the city.

Amount: $249,005. Duration: 36 months.

*Ontario... continued*

▼

**Let Us Show You How**
*4687-05-89/015*
Canadian National Institute for the Blind
320 McLeod Street
Ottawa, Ont. K2P 1A3

Tel.: (613) 563-4021

To produce an information handbook on essential daily living skills for blind and visually impaired seniors. The project also seeks to train community workers using the handbook as a guide and to train caregivers in techniques which encourage independence in the blind, using blind or visually impaired volunteers as role models.

Amount: $131,965. Duration: 18 months.

## ■■ *Drug, Alcohol, Medication Awareness*

▼

**Medication Awareness Project**
*4687-05-88/039*
Council on Aging of Ottawa-Carleton
256 King Edward Avenue
Ottawa, Ont. K1N 7M1

Tel.: (613) 232-3577

To launch a community-wide educational campaign on the inappropriate use of medication by seniors. Information will be shared with seniors, health professionals, and pharmacists. The project will also develop specific strategies for dealing with the problems of high-risk seniors, i.e., those using multiple medications.

Amount: $552,220. Duration: 36 months.

▼

**Resource Kit for Working Toward the Prevention and Treatment of Chemical Dependency**
*4687-05-89/006*
Centretown Community Health Centre
Lifestyle Enrichment for Senior Adults
340 MacLaren Street
Ottawa, Ont. K2P 0M6

Tel.: (613) 563-4771

To help prevent and treat alcohol and drug dependency in Ottawa's seniors. The project will develop a resource kit to educate both seniors and the general public about alcohol and drug dependency. An advisory committee consisting of seniors, health professionals, and church workers will oversee the project.

Amount: $93,087. Duration: 12 months.

## ■■ *Caregiving*

▼

**Caregiver Support**
*4687-05-88/011*
Ottawa West Senior Citizens' Support Service
1137 Wellington
Ottawa, Ont. K1Y 2Y8

Tel.: (613) 728-6016

To test the effectiveness of a community-based support network and an in-home respite care program for caregivers of infirm seniors. Psychological support of and physical relief for caregivers, development of a caregiver manual, and a training program for "relief" careworkers are objectives of the project.

Amount: $313,100. Duration: 36 months.

## ■■ *Self-Help/Mutual Aid*

▼

**Taking Charge: Seniors Helping Seniors**
*4687-05-88/021*
Self-help Clearing-house
of Metropolitan Toronto
40 Orchard View Boulevard, Suite 215
Toronto, Ont. M4R 1B9

Tel.: (416) 487-4355

To help seniors, particularly those who are isolated or coping with disabilities, by creating self-help/mutual-aid groups. To increase seniors' independence, well-being, and ability to cope more effectively are the group's principal objectives.

Amount: $180,750. Duration: 36 months.

▼

**Volunteers' Training Program**
*4687-05-89/008*
Over 55 (London) Inc.
78 Riverside Drive
London, Ont. N6H 1B4

Tel.: (519) 433-5427

To set up and operate a program which will train seniors to counsel other seniors who have become unemployed. Volunteers will be trained in such skills as telephone communication, office routines, and record-keeping. Some will be taught how to train other volunteers who will maintain a continuous service.

Amount: $72,684. Duration: 36 months.

▼

**COPE**
*4687-05-89/010*
COPE ... Help for the Bereaved
Box 1234
288 Main Street
Picton, Ont. K0K 2T0

Tel.: (613) 476-2450

To help seniors learn to cope more effectively after the loss of a loved one. The project will set up self-help groups and will recruit and train volunteers to counsel and assist bereaved seniors having difficulty learning how to live alone. Skills taught could include financial planning, banking procedures, survival cooking, and basic household maintenance. The project will also make available relevant resource materials, such as books, pamphlets, and videos.

Amount: $63,430. Duration: 36 months.

▼

**Connecting Seniors: A Pathway to Wellness for Ontario Seniors**
*4687-05-89/011*
Ryerson Polytechnical Institute
350 Victoria Street
Toronto, Ont. M5B 2K3

Tel.: (416) 979-5005

Senior peer helping (SPH) is a volunteer service by seniors for other seniors. This project's overall aim is to promote SPH as a way of enabling seniors to become more independent. It seeks to educate communities throughout Ontario about the value of SPH. Through community workshops and follow-up meetings it will encourage communities to develop SPH models appropriate to their particular situations. A video will be produced as a teaching aid to help groups develop SPH programs.

Amount: $337,400. Duration: 24 months.

▼
**Community Care East York Senior Centre Outreach**
*4687-05-89/027*
Community Care East York
334 Donlands Avenue
Toronto, Ont. M4J 3R9

Tel.: (416) 422-2026

To help East York seniors reduce their social isolation by making them feel more comfortable in group situations. The project will use senior volunteers as peer helpers to integrate these seniors into the activities of the Community Care East York Senior Centre.

Amount: $24,700. Duration: 5 months.

## ■■ *Education/Awareness*

▼
**Videotape for Italian Canadian Older Adults**
*4687-05-88/002*
COSTI-IIAS Immigration Services
1710 Dufferin Street
Toronto, Ont. M6E 3P3

Tel.: (416) 658-1600

To produce a thirty-minute video as part of an education campaign to encourage independence among seniors and community awareness of the problems of aging. The video will also address such themes as loneliness, widowhood, and grandchildren and will serve as a model for other immigrant communities.

Amount: $94,103. Duration: 18 months.

▼
**Workplace Connect**
*4687-05-88/022*
Senior Care
530 Wilson Avenue, 3rd Floor
North York, Ont. M3H 1T6

Tel.: (416) 635-2860

To establish educational and pre-retirement counselling programs for seniors in Toronto workplaces. The project will offer counselling to employees who are about to retire or who have elderly parents. Seniors will be involved in most aspects of the project and will receive appropriate leadership training.

Amount: $295,730. Duration: 24 months.

▼
**Nutrition Promotion for Seniors in Kingston, Frontenac, and Lennox and Addington**
*4687-05-88/027*
Kingston, Frontenac and Lennox and Addington Health Unit
221 Portsmouth Avenue
Kingston, Ont. K7M 1V5

Tel.: (613) 549-1232

To develop a nutrition education program, based on peer counselling, for seniors who live alone.

Amount: $21,388. Duration: 8 months.

*Ontario... continued*

▼
**Seniors Helping Seniors**
*4687-05-88/030*
Senior Care: Community Services
to Jewish Elderly
3rd Floor, 530 Wilson Avenue
North York, Ont. M3H 1T6

Tel.: (416) 635-2860

To develop and test a model project of leadership development and outreach for seniors. Following a needs assessment, the sponsoring organization will develop and implement a community-wide health awareness program for seniors, develop a leadership training program for seniors, and produce educational resource material.

Amount: $289,212. Duration: 24 months.

▼
**Outreach Education for Professionals**
*4687-05-88/034*
Ontario Gerontology Association
Box 121, Station Z
Toronto, Ont. M5N 2Z3

Tel.: (416) 686-1571

To organize meetings and workshops for lawyers and accountants in three communities to address the needs of seniors, in particular women, regarding legal and financial matters. Educational resources to be produced include an audio-visual presentation and written material. Sponsors wish to encourage legal and financial professional organizations to continue this education process with their members.

Amount: $145,000. Duration: 30 months.

▼
**Seniors Promoting Health**
*4687-05-88/037*
York West Seniors' Centre
1901A Weston Road
Weston, Ont. M9N 3P1

Tel.: (416) 245-4395

To help York West seniors learn how to identify and meet their health care needs. The project's major objectives are to inform seniors about available health care resources and to encourage them to live healthier lives.

Amount: $263,930. Duration: 36 months.

▼
**Hospice/Palliative Care Congress**
*4687-05-88/046*
Toronto Jewish Congress
4600 Bathurst Street, Suite 345
Willowdale, Ont. M2R 3V2

Tel.: (416) 635-5600

To hold a one-day conference on hospice care and palliative care for the terminally ill. Seniors, their children and caregivers, and community leaders will participate. The long-term aim is to encourage seniors to serve as hospice care and palliative care volunteers.

Amount: $5,475. Duration: 12 months.

▼

**Centres of Independence**
*4687-05-89/002*
Older Adult Centres' Association of Ontario
1220 Sheppard Avenue East
North York, Ont. M2K 2X1

Tel.: (416) 595-4061

To increase senior volunteers' participation in program delivery in seniors' centres. The project will produce training videos and manuals and use these materials for leadership training in seniors' agencies across Ontario. A provincial workshop will be conducted to introduce the training materials to volunteers from each of the province's eight regions. Once trained, they in turn will conduct workshops at centres in their regions.

Amount: $222,726. Duration: 36 months.

▼

**Educational Seminar – The Challenge of Generalization: Perspectives on Planning, Intervention and Evaluation**
*4687-05-89/018*
The Speech and Stroke Centre – North York
7 Edithvale Drive
Willowdale, Ont. M2N 2R4

Tel.: (416) 226-3636

To sponsor a two-and-one-half-day educational seminar explaining and promoting the activities and methods of the North York Speech and Stroke Centre. The seminar will feature consultations with experts in the field, lectures and panel discussions, and a demonstration of assistance techniques directly involving senior volunteers. A video of the demonstrations will be produced and seminar proceedings will be published for distribution to interested individuals and organizations.

Amount: $15,471. Duration: 5 months.

▼

**Active Choices**
*4687-05-89/030*
Jewish Community Centre of Ottawa
151 Chapel Street
Ottawa, Ont. K1N 7Y2

Tel.: (613) 232-7306

To encourage Ottawa seniors to take more control over their lives. Specifically, the project will involve seniors in producing three 20-minute videos. One video will focus on the theme of self-confidence and assertiveness. Another will explore seniors' relationships with doctors and other professionals. The third considers parents' interaction with their children. These videos will be available to seniors organizations and agencies along with a discussion leader's handbook.

Amount: $102,500. Duration: 6 months.

▼

**An Examination of the Prevalence, Cost-Benefits and Policy Implications of Smoking Among the Elderly**
*4687-05-89/040*
Freeport Hospital
3570 King Street East
Kitchener, Ont. N2A 2W1

Tel.: (519) 893-2710

To educate the seniors in Kitchener and its surrounding area about the dangers of smoking. The project will emphasize the positive benefits of quitting smoking as well as the risks attached to continuing. A major objective will be the development of anti-smoking strategies appropriate to seniors of the region.

Amount: $23,126. Duration: 6 months.

▼
**Leisure Planning in Retirement**
*4687-05-89/047*
Volunteer Centre of Metropolitan Toronto
(Retirement Plus)
344 Bloor Street West, Suite #207
Toronto, Ont. M5S 3A7

Tel.: (416) 961-6888

To help Metro Toronto seniors – particularly women, the disabled, those with low incomes, and members of ethnic communities – prepare for retirement. The project will hold four half-day seminars on topics such as Retirement Responsibilities and Roles and Maintaining Independence in Retirement. One seminar will be held in each of the following areas: Etobicoke, Toronto, York/North York, and East York/Scarborough.

Amount: $17,572. Duration: 3 months.

▼
**Interlink**
*4687-05-89/050*
Canadian Mental Health Association
Sudbury Branch
111 Elm Street, Suite 202
Sudbury, Ont. P3C 1T3

Tel.: (705) 675-7252

To involve Sudbury seniors as teachers' helpers in elementary school classes. The project will place special emphasis on involving geographically isolated and ethnic seniors. Interlink will give seniors a sense of worth and companionship, and give children the opportunity to benefit from their experience.

Amount: $24,000. Duration: 6 months.

▼
**Meals on Wheels of Ontario – Nutritional Awareness**
*4687-05-89/056*
Meals on Wheels of Ontario
234 Eglinton Avenue East, Suite 505
Toronto, Ont. M4P 1K5

Tel.: (416) 489-2195

To improve nutrition among Ontario's seniors by developing and distributing materials on seniors' nutritional needs. Materials produced will include nutritional guidelines for home-delivered meals, menu planning guidelines, modified diets for seniors, and information on food safety. These materials will be shared with Meals on Wheels organizations across Canada.

Amount: $24,990. Duration: 12 months.

## ■■ *Improved Community Resources*

▼
**Lifestyle Management Model Development**
*4687-05-88/008*
Metropolitan Toronto Housing Company
20 York Mills Road, 3rd Floor
Toronto, Ont. M2P 2C2

Tel.: (416) 392-6000

To promote healthy living, community participation, and senior leadership among the residents. The project involves research to help pinpoint the leisure and service needs of existing tenants. The resulting information will enable sponsors to plan for the future, and to establish pilot projects, leadership training, and volunteer training/recruitment.

Amount: $186,925. Duration: 12 months.

▼
**Création d'un réseau d'action bénévole pour les aîné(e)s**
*4687-05-88/009*
L'agence des services communautaires
de Prescott-Russell
331, rue McGill
Hawkesbury, Ont. K6A 1P9

Tel.: (613) 632-0939

To set up a volunteer action network for seniors to meet their needs and those of local organizations and agencies. This network will be complemented by a volunteer training program and the preparation of pamphlets to be distributed on request.

Amount: $284,311. Duration: 36 months.

▼
**Council on Positive Aging**
*4687-05-88/017*
Lakehead Social Planning Council
221 Bay Street
Thunder Bay, Ont. P7B 1R1

Tel.: (807) 345-3631

To establish a central point from which seniors can gather information and access existing services with the assistance of trained senior volunteers. A directory of services will be updated and expanded, a seniors-in-the-schools program will be mounted, and a training package on working with the media will be developed to improve public perceptions of aging.

Amount: $445,800. Duration: 36 months.

▼
**Resource Brochure for Seniors**
*4687-05-88/019*
The Olde Forge Community Resource Centre
2730 Carling Avenue
Ottawa, Ont. K2B 7J1

Tel.: (613) 829-9777

To produce a resource brochure for seniors and to reach out to older people, their families, friends, and neighbours who are unaware of available services in the region. Sponsors and participating seniors will gather information, prepare the brochure, and distribute it to every household in the surrounding area.

Amount: $23,650. Duration: 6 months.

▼
**Ontario Public Health Association Gerontology Program**
*4687-05-88/026*
Ontario Public Health Association
1303-180 Dundas Street
Toronto, Ont. M4M 2J7

Tel.: (416) 392-6620

To organize two sessions on gerontology for an annual OPHA conference. Experts in the field will look at models for assessing seniors' needs and try to answer the question: Can the elderly receive the care they need without losing their independence and self-esteem? The objective is to sensitize public and community health workers to the issues raised.

Amount: $1,817. Duration: 3 months.

▼

**Co-ordinated Services for Seniors in North York**
*4687-05-88/028*
North York Inter-Agency and Community Council
7 Edithvale Drive
North York, Ont. M2N 2R4

Tel.: (416) 226-5505

A development project designed to increase seniors' participation in the planning and co-ordinating of health and social services, to develop and maintain a data base of services available to seniors, and to recommend changes or new services as needed.

Amount: $339,525. Duration: 36 months.

▼

**Ontario Home Support Association**
*4687-05-88/029*
Ontario Home Support Association
21 Russel Street West
Lindsay, Ont. K9V 2W5

Tel.: (705) 324-7323

To assess the need for home support services for Ontario seniors and to promote such services throughout the province. After conducting a needs assessment, the project will recruit and train interested seniors to serve as home support volunteers. A newsletter will also be launched and various resource materials such as training videos will be developed.

Amount: $450,920. Duration: 36 months.

▼

**Community Resource Directory for Older Adults**
*4687-05-88/031*
The Hastings and Prince Edward Council on Aging
370 Front Street
Belleville, Ont. K8N 5L9

Tel.: (613) 962-8888

To research, plan, produce, and distribute two county-wide directories of resources for seniors in Hastings and Prince Edward counties. The project will also hold a series of community information-sharing workshops to discuss how best to provide services which are not currently available to local seniors.

Amount: $102,376. Duration: 12 months.

▼

**Positive Health for Seniors/Resource Development and Training Project**
*4687-05-88/032*
Elisabeth Bruyère Health Centre
43 Bruyère Street
Ottawa, Ont. K1N 5C8

Tel.: (613) 560-0050

A bilingual outreach development project seeking to increase seniors' participation in, and leadership of, physical activities in a highly social atmosphere. Currently, 13 municipalities in Eastern Ontario are involved. Over a two-year period, the sponsor will update an instructor's manual and produce a participants' manual, produce a video on exercise for seniors, and sponsor one conference.

Amount: $199,260. Duration: 24 months.

▼

**Seniors and Mobility in Winter**
*4687-05-88/043*
Winter Cities Association
230 College Street
Toronto, Ont. M5S 1A1

Tel.: (416) 978-3885

To develop a better understanding of the mobility needs of women seniors; to help seniors' groups to initiate practical changes to combat winter housing and mobility problems and to interact with relevant government agencies; and to educate seniors and the community about improved winter independence.

Amount: $177,140. Duration: 9 months.

▼

**Seniors Information Service**
*4687-05-88/045*
Community Information Centre
of Metropolitan Toronto
34 King Street East, 3rd Floor
Toronto, Ont. M5C 1E5

Tel.: (416) 863-1680

To develop a package of training tools designed to meet the needs of senior volunteers. A data base on services available for seniors will be developed and tested.

Amount: $427,551. Duration: 36 months.

▼

**Planning and Co-ordinating Services for the Elderly Study**
*4687-05-89/001*
Council on Aging of Windsor-Essex County
2090 Wyandotte Street East
Windsor, Ont. N8Y 1E6

Tel.: (519) 971-9217

To conduct a comprehensive study of Windsor-Essex County seniors' needs and of the services available to them. A major long-term goal is to co-ordinate seniors services in the county. Seniors will play an important role in all phases of the project.

Amount: $275,562. Duration: 36 months.

▼

**250 Davenport Road Interagency Project**
*4687-05-89/003*
250 Davenport Road Interagency Committee
c/o Department of Public Health
Northern Health Area
110 Edwards Street
Toronto, Ont. M5G 2A5

Tel.: (416) 392-0962

To help meet the needs of isolated and high-risk seniors living at 250 Davenport Road (a seniors' apartment building). The project will assess these seniors' needs and will use the needs assessment findings in developing programs to help improve their situation.

Amount: $102,095. Duration: 9 months.

*Ontario... continued*

▼

**Project Haldimand Norfolk Support for Seniors**
*4687-05-89/004*
Haldimand Norfolk Community Support
P.O. Box 5002
Townsend, Ont. N0A 1S0

Tel.: (514) 426-9350

To develop a network of home support services for the elderly in Haldimand Norfolk. The project will establish local satellite offices in four area towns. Community development co-ordinators will assess the needs of seniors and will help form seniors' advisory committees. The committees will then develop networks of volunteers able to provide transportation and, later on, other home support services for the region's elderly.

Amount: $149,579. Duration: 12 months.

▼

**Seniors Information Network**
*4687-05-89/016*
London Intercommunity Health Centre
Information London
659 Dundas Street East
London, Ont. N5W 2Z1

Tel.: (519) 660-0874

To inform seniors in and around London of the services available to them. The project will have distinct urban and rural components. The former, which will emphasize the needs of ethnic seniors, will feature a walk-in and telephone information and referral service. The latter will develop and maintain a central data base of services available to seniors and will provide guidance to information centres in six surrounding rural counties participating in the project.

Amount: $387,953. Duration: 36 months.

▼

**Linking Seniors to Seniors**
*4687-05-89/019*
Bernard Betel Centre for Creative Living
1003 Steeles Avenue West
North York, Ont. M2R 3T6

Tel.: (416) 225-2112

To identify isolated seniors living near the Bernard Betel Centre and assess their social, health care, and recreational needs. The sponsor will then inform the seniors of existing community resources, services and programs that could contribute to their well-being.

Amount: $24,900. Duration: 5 months.

▼

**Home Care Needs Assessment**
*4687-05-89/023*
National Council of Jewish Women of Canada
518-1110 Finch Avenue West
Downsview, Ont. M3J 2T2

Tel.: (416) 665-8252

To determine whether information about home care support for seniors in Toronto and the London area is readily available. The project will survey seniors in these areas to assess their needs. Recommendations on how best to meet those needs will be based on the findings and will state if there is a volunteer role for the Council of Jewish Women of Canada.

Amount: $31,000. Duration: 6 months.

▼
**Thorncliffe Park Seniors Outreach Initiative**
*4687-05-89/026*
Thorncliffe Neighbourhood Centre
18 Thorncliffe Park Drive
Toronto, Ont. M4H 1N7

Tel.: (416) 421-3054

To help isolated seniors living in the Thorncliffe Park area of Toronto make better use of the outreach services offered by the Thorncliffe Neighbourhood Office. The project will assess the needs of Thorncliffe Park's seniors and will examine the Neighbourhood Office's outreach services to ensure their effectiveness.

Amount: $25,000. Duration: 12 months.

▼
**An Information and Referral Network for Elders – Phase 3**
*4687-05-89/029*
Toronto Jewish Congress
4600 Bathurst Street
Willowdale, Ont. M2R 3V2

Tel.: (416) 635-2883

To develop an information and referral network to help Toronto seniors access the community's social service system. Activities will include reviewing literature, assessing needs, identifying seniors in need of the network, and evaluating the project.

Amount: $24,000. Duration: 7 months.

▼
**Telephone Assurance Program**
*4687-05-89/036*
Glen Stor Dun Lodge
1900 Montreal Road, P.O. Box 373
Cornwall, Ont. K6H 5T1

Tel.: (613) 933-3384

To develop a daily telephone contact system for Cornwall's seniors which will encourage them to continue living in their own homes. Regular contact will be maintained with the senior through a daily telephone call. If there is no answer or a prolonged busy signal, a previously identified person will be notified immediately to go check on the senior in question. Local emergency programs and senior volunteers from the community will take part in the project.

Amount: $14,724. Duration: 12 months.

▼
**"Movement for Health" Dance/Movement Therapy Programming for Seniors**
*4687-05-89/037*
Dance/Movement Therapy Association of Ontario
P.O. Box 283
Thornhill, Ont. L3T 3N3

Tel.: (416) 886-6031

Dance/movement therapy has been shown to improve seniors' physical well-being and to increase their self-esteem. Often it has succeeded where other, more traditional methods of therapy have failed. The project's aim is to share information about dance/movement therapy with seniors throughout Ottawa-Carleton. A series of 10-week workshops will be conducted in 30 area seniors centres by a therapist.

Amount: $183,093. Duration: 24 months.

*Ontario... continued*

▼

**An Examination of the Use of Home Visitors with the Community-Based Frail Elderly**
*4687-05-89/039*
Freeport Hospital
3570 King Street East
Kitchener, Ont. N2A 2W1

Tel.: (519) 893-2710

To establish a home visitor program for Kitchener seniors. The primary aim is to avoid institutionalization due to health problems which might be solved with earlier detection. Project activities will include a literature review, the launching of a pilot program of home visits to seniors, and an evaluation of the project's effectiveness.

Amount: $23,126. Duration: 6 months.

▼

**"Discovery" Creation of a Data Bank of Human Resources Available to Seniors in West Parry Sound**
*4687-05-89/044*
The "S.O.S." Information and
Special Service Centre
33 James Street, Suite 1A
Parry Sound, Ont. P2A 1T6

Tel.: (705) 746-4325

To create a data base of volunteers, social services, and other human resources available to West Parry Sound seniors. Project activities will include developing a registry of retired professionals and business people willing to share their experience and knowledge to help other seniors.

Amount: $23,612. Duration: 6 months.

▼

**Future Search for a Council on Aging in Lanark, Leeds & Grenville**
*4687-05-89/049*
Victorian Order of Nurses
44 Main Street West
Smiths Falls, Ont. K7A 1M6

Tel.: (613) 283-2520

To hold a conference on establishing a council for aging in Lanark, Leeds and Grenville Counties. The purpose of such a council would be to promote and co-ordinate health care and social services offered to seniors in the three counties.

Amount: $25,000. Duration: 8 months.

▼

**St. Lawrence Neighbourhood's Senior Support Services Component**
*4687-05-89/053*
Labour Council Development Foundation – Old York Club
25 Cecil Street, Suite 307
Toronto, Ont. M5T 1N1

Tel.: (416) 977-8152

To help improve services available to frail seniors in the St. Lawrence section of Toronto. The project will survey the area's seniors to assess their needs. The findings will be used to identify gaps in the existing senior delivery network, and as a basis for recommendations to the Ministry of Health and the Ministry of Community and Social Services.

Amount: $25,000. Duration: 12 months.

▼

**Formation-action**
*4687-05-89/054*
La Fédération des aîné(e)s francophones de l'Ontario
75 Bruyère Street, 373 "J"
Ottawa, Ont. K1N 5C7

Tel.: (613) 235-4258

This project deals with the well-being of seniors in areas related to health, civil law, housing, legal aid, and leisure. A survey will attract individuals with skills to offer to the senior citizen movement. Educational material and practical tips will also be circulated in order to train multidisplinary teams.

Amount: $338,879. Duration: 18 months.

# Manitoba

## ■■ *Women*

▼
**Women and Aging Conference**
*4687-06-89/053*
Manitoba Council on Aging
3rd Floor, 333 Broadway Avenue
Winnipeg, Man. R3C 0S9

Tel.: (204) 945-1997

To host a conference which will allow older Manitoba women to share their aging experiences with government officials and service providers. Specific topics will include the economic security of older women and health issues affecting older women.

Amount: $12,500. Duration: 5 months.

## ■■ *Rural/Remote*

▼
**Westman Discover Choices Project**
*4687-06-88/006*
Creative Retirement Manitoba
Western Division
315-10th Street
Brandon, Man. R7A 4E9

Tel.: (204) 726-4404

To establish a health promotion program for seniors in rural Manitoba. This program, like others started by the project sponsor, will emphasize prevention. Specific project activities will include training seniors to serve as workshop and discussion leaders, and outreach by team members and organizers. A variety of written and audio-visual resource materials will be developed.

Amount: $195,000. Duration: 36 months.

▼
**Eastern Manitoba Seniors' Education Project**
*4687-06-88/008*
Creative Retirement Manitoba
811-294 Portage Avenue
Winnipeg, Man. R3C 0B9

Tel.: (204) 942-8618

Owing to a lack of learning opportunities for rural seniors in the area, this project was devised to introduce seniors to educational resources through a comprehensive awareness, training, and communications process. By establishing a local network of interested organizations and individuals in the region, the ongoing operation of the program and its continued relevancy to seniors will be assured.

Amount: $228,712. Duration: 36 months.

▼
**Action at 55: Taking Control of Your Life and Setting a Course**
*4687-06-88/026*
Age and Opportunity: Creative Retirement Manitoba Society of Seniors
304-323 Portage Avenue
Winnipeg, Man. R3B 2C1

Tel.: (204) 947-1276

To test the viability of a telephone conference network to promote discussion and communication among rural Manitoba seniors. Following initial organization and selection of test sites, local seniors will present six one-and-one-half-hour broadcasts on different topics, followed by question-and-answer sessions. Scheduled pre-conference sessions will also make use of the Discover Choices tapes; post conference discussion and evaluation will follow the broadcasts in each location.

Amount: $29,000. Duration: 8 months.

▼

**Seniors with Disabilities in Rural Manitoba**
*4687-06-88/040*
The Manitoba League of the Physically Handicapped Inc.
200-294 Portage Avenue
Winnipeg, Man. R3C 0B9

Tel.: (204) 943-6099

To help make services more accessible to disabled seniors in rural Manitoba. The project will design and administer a survey questionnaire to determine these seniors' needs. It will also produce and distribute a manual on community resources for seniors and hold a series of workshops designed to help seniors make better use of existing resources.

Amount: $100,690. Duration: 24 months.

▼

**Rural Bereavement Support Program**
*4687-06-89/056*
Oakbank Springfield Kinsmen Seniors Complex Inc.
Box 400
Oakbank, Man. R0E 1B0

Tel.: (204) 444-3462

Rural seniors suffering the loss of a loved one often face added problems due to their isolation. This project seeks to assist such seniors through the establishment of a rural bereavement support program within the municipality of Springfield, Manitoba. The project will develop a grief support group, use volunteers for one-on-one visits where needed, and set up a lending library of relevant reference materials.

Amount: $102,660. Duration: 36 months.

## ■■ *Native/Inuit*

▼

**Partners in Discovery – Role of Native Seniors**
*4687-06-88/035*
Brandon Friendship Centre
830 Lorne Avenue
Brandon, Man. R7A 6K7

Tel.: (204) 725-0718

To host a conference on the issues of aging and native seniors, which would bring together native seniors from treaty and Metis communities. Information on health and lifestyle issues, such as The Discover Choices theme, will be presented, but most of the conference will be for the seniors to voice their common concerns and problems so as to identify resources and options for their home communities. This information will be provided to various federal, provincial, and community agencies serving seniors.

Amount: $37,882. Duration: 17 months.

## ■■ *Ethno-cultural*

▼
**Serving Seniors – Promotion of Discover Choices and Follow-up**
*4687-06-88/024*
Serving Seniors
Box 20574
Steinbach, Man. R0A 2T2

Tel.: (204) 326-4499

The ethnic composition of Steinbach and surrounding areas in southern Manitoba is mostly French and German. This project would promote the Discover Choices program through small group discussions, provide translation of the Discover Choices articles into German, publish a seniors' newspaper, distribute a community service booklet in the region, and encourage the development of support groups in areas as interest increases. In each of the three years of the program, a wellness conference will be planned to introduce the new program and resources of the council, and to offer health information to seniors from surrounding areas.

Amount: $200,511. Duration: 36 months.

▼
**The Invisible People**
*4687-06-88/037*
Brandon Friendship Centre
830 Lorne Avenue
Brandon, Man. R7A 0T8

Tel.: (204) 725-0718

To determine the needs of and resources available to native seniors in southwestern Manitoba, with a particular emphasis on health issues. Individuals, organizations and agencies will be surveyed. The results of the survey will be shared with those surveyed.

Amount: $12,900. Duration: 14 months.

▼
**Needs Assessment Proposal for Chinese Seniors to Achieve Independence**
*4687-06-89/045*
Winnipeg Chinese Cultural
and Community Centre
Dynasty Building, 2nd Floor
180 King Street
Winnipeg, Man. R3B 3G8

Tel.: (204) 943-2627

To assess the social service needs of Winnipeg's Chinese-Canadian seniors. To assist in the assessment, the project will involve a number of organizations presently working with the Chinese community. The needs assessment will make use of a variety of techniques, such as group and individual interviews, games, workshops, and a traditional tea ceremony. Recommendations for future program plannning for seniors will be based on the needs assessment.

Amount: $6,000. Duration: 4 months.

▼
**Ethnicity and Aging: A Seniors' Conference**
*4687-06-89/067*
German-Canadian Congress (Manitoba) Inc.
16-1110 Henderson Highway
Winnipeg, Man. R2G 1L1

Tel.: (204) 338-7903

To sponsor a one-day conference aimed primarily at Manitoba's German-Canadian community. The conference will be planned and run by seniors, and will focus on the impact that ethnicity should have on the delivery of social services and housing for seniors.

Amount: $25,000. Duration: 5 months.

▼
**Needs Assessment**
*4687-06-89/069*
Gwen Secter Creative Living Centre
Jewish Commission on Aging
1588 Main Street
Winnipeg Man. R2V 1Y3

Tel.: (204) 339-1701

To help improve services available to older members of Winnipeg's Jewish community. The project will survey 200 members of that community aged 50 to 70 to assess their needs. The survey will focus on housing, transportation, health care, recreation, social programs, and support services. The results will be used to help the sponsoring agencies plan their priorities over the next 5 to 15 years.

Amount: $21,720. Duration: 5 months.

## ■■ *Elder Abuse*

▼
**Elder Abuse Resource Centre**
*4687-06-89/054*
Age & Opportunity Centre Inc.
304-323 Portage Avenue
Winnipeg, Man. R3B 2C1

Tel.: (204) 947-1276

To increase awareness of, and to develop strategies for dealing with, elder abuse. The project's major objective is to establish an elder abuse resource centre, staffed by senior volunteers who could respond to requests for information or assistance.

Amount: $170,017. Duration: 36 months.

▼
**Elder Abuse Project**
*4687-06-89/061*
Thompson Crisis Centre, Inc.
22-55 Selkirk Avenue
Thompson, Man. R8N 0M5

Tel.: (204) 677-9668

To develop a research and educational program on elder abuse in Northern Manitoba. The project will assess the needs for specific programs for victims of abuse by surveying seniors in Thompson and two neighbouring communities. The survey will be written in both English and Native languages. Personal interviews will be conducted in some areas where literacy levels or cultural differences would make a written survey ineffective.

Amount: $23,800. Duration: 6 months.

## ■■ *Disabled*

▼
**Self-Management and Attendant Care Needs of Seniors**
*4687-06-88/004*
Independent Living Resource Centre
207-294 Portage Avenue
Winnipeg Man. R3C 0B9

Tel.: (204) 947-0194

The project will share with disabled seniors the self-management and attendant care concepts developed in the disabled community. The similarities and differences between younger disabled persons and disabled seniors will be analyzed. The project will reach out to seniors, develop a guidebook on self-management and attendant care concepts for disabled seniors, and organize a network for disabled seniors.

Amount: $234,050. Duration: 36 months.

▼
**Speech Reading for Seniors**
*4687-06-89/051*
Society for Manitobans with Disabilities
825 Sherbrooke Street
Winnipeg, Man. R3A 1M5

Tel.: (204) 786-5601

To help Manitoba seniors, especially those in rural areas, overcome the isolation caused by hearing impairment. Speech reading instruction can help reduce such isolation, but at present the province has only one qualified instructor outside of Winnipeg. This project seeks to train eight seniors as speech reading instructors. Once trained, the seniors will then teach courses in their home areas under the teacher-trainer's supervision.

Amount: $32,480. Duration: 4 months.

▼
**CNIB Peer Support Program**
*4687-06-89/068*
Canadian National Institute for the Blind
1080 Portage Avenue
Winnipeg, Man. R3G 3M3

Tel.: (204) 774-5421

To develop peer support programs for blind and visually impaired seniors in Winnipeg. Project activities could include a telephone support network, a woodworking group, and a retirement group. A major objective is to train blind seniors as peer group leaders.

Amount: $25,000. Duration: 12 months.

▼
**Seniors with Mental Handicaps in South Western Manitoba**
*4687-06-89/075*
The Association for Community Living
P.O. Box 1957
Virden, Man. R0M 2C0

Tel.: (204) 748-2827

Due to provincial deinstitutionalization policies, an increasing number of mentally handicapped adults in rural Southwestern Manitoba now live in the community. Many of these people are now approaching retirement age and live alone without family support. The project seeks to assess the needs of these individuals. The sponsoring agency will use the survey results to help integrate mentally handicapped seniors into existing seniors support networks.

Amount: $13,828. Duration: 6 months.

## ■■ *Drug, Alcohol, Medication Awareness*

▼
**A Peer Counselling Training Program**
*4687-06-88/013*
The Elders Health Program
St. Boniface General Hospital
403-400 Tache Avenue
Winnipeg, Man. R2H 3C3

Tel.: (204) 235-3240

To encourage chemically dependent seniors in Winnipeg to make use of alcohol and drug treatment centres by recruiting and training seniors to act as peer counsellors. The aim is to train counsellors who understand seniors' needs and concerns, and who can serve as positive role models for seniors needing treatment for alcohol or drug dependency.

Amount: $47,500. Duration: 12 months.

## ■■ *Caregiving*

▼

**Family Caregiver Video Project**
*4687-06-88/001*
Alzheimer Society (Manitoba) Inc.
205 Edmonton Street
Winnipeg, Man. R3C 1R4

Tel.: (204) 943-6622

To produce a series of videotapes and accompanying workbooks for family caregivers dealing with major topics such as managing aggressive behaviour, caring for the caregiver, and facing death. Previous work by the Society has revealed a demand for this information, particularly from rural and isolated residents.

Amount: $25,725. Duration: 18 months.

▼

**Rupert's Land Respite Care**
*4687-06-88/002*
Rupert's Land Respite Care
Winnipeg South Centre
168 Wilton Street
Winnipeg, Man. R3M 3C3

Tel.: (204) 475-4031

To evaluate the effectiveness of the Centre's relief program for respite caregivers and to strengthen its delivery and administration. This information is needed to secure funding for ongoing co-ordination costs and to provide descriptions and procedures for staff and volunteers.

Amount: $58,100. Duration: 24 months.

## ■■ *Self-Help/Mutual Aid*

▼

**Manitoba Mall Walking**
*4687-06-89/042*
Manitoba Society of Seniors Inc.
803-294 Portage Avenue
Winnipeg, Man. R3C 0B9

Tel.: (204) 942-3147

To increase seniors' fitness by developing a walking program in enclosed shopping malls. The management of the malls – two in Winnipeg and two in rural Manitoba – will open their facilities to seniors for two hours before the start of the business day. After the walks, interested participants will meet to discuss health-related issues such as foot care, shoe selection, and safety.

Amount: $95,000. Duration: 24 months.

▼

**Project Outreach**
*4687-06-89/057*
Seniors for Seniors Co-op, Inc.
2-1321 13th Street
Brandon, Man. R7A 4S5

Tel.: (204) 727-7589

To establish a network of volunteers to make and maintain contact with isolated seniors living in Brandon. The pilot phase of the project will involve 25 volunteers who will contact over 500 isolated seniors. The network will give the seniors an opportunity to identify and discuss their problems and concerns and to receive information on community services available to them.

Amount: $24,000. Duration: 8 months.

## ■■ *Education/Awareness*

▼
**Editors' Conference Seniors' Publications**
*4687-06-88/011*
Manitoba Society of Seniors
803-294 Portage Avenue
Winnipeg, Man. R3C 0B9

Tel.: (204) 942-3147

To convene a three-day conference for editors of seniors' publications. Participants, including a committee of senior volunteers, will examine different aspects of publishing, such as editorial policy, information sources, and distribution methods. Editors will also share ideas, explore trends and problems resulting from the rapid increase of seniors, and create a cross-Canada network.

Amount: $57,397. Duration: 4 months.

▼
**Seniors' Leadership Certificate**
*4687-06-88/030*
The University of Manitoba
Continuing Education
188 Continuing Education Complex
Winnipeg, Man. R3T 2N2

Tel.: (204) 474-8021

To provide appropriate university-level training at the University of Manitoba for seniors working in volunteer and service agencies. Participating seniors will take university credit courses in management, organizational development, and administrative skills as well as gerontology. They will also enroll in a supervised practicum with a seniors' or volunteer agency.

Amount: $128,211. Duration: 36 months.

▼
**Colloque provincial des aînés Franco-Manitobains Instructor Workshop**
*4687-06-88/039*
Fédération des Aînés Franco-Manitobains
340 Boulevard Provencher
Saint Boniface, Man. R2H 0B7

Tel.: (204) 235-0670

To organize a provincial symposium with delegates from a number of Franco-Manitoban organizations and representatives from rural and urban communities. Participants will examine and define the roles of today's seniors, of the "golden age club" and of the Federation. The resulting recommendations will enable the Federation to adapt a new orientation and structure and develop a new plan of action.

Amount: $34,350. Duration: 3 months.

▼
**Trois mini-colloques régionaux**
*4687-06-89/064*
Fédération des Aînés Franco-Manitobains
340 Boulevard Provencher
Saint-Boniface, Man. R2H 0B7

Tel.: (204) 235-0670

This project will organize three one-day regional symposiums in three rural regions in order to meet with seniors and identify their concerns. The organizers will then meet with the francophone organizations in the region to discuss possible solutions and available resources.

Amount: $25,000. Duration: 18 months.

▼
**55 Alive/Mature Drivers Training Instructor Workshop**
*4687-06-89/070*
Creative Retirement Manitoba
811-294 Portage Avenue
Winnipeg, Man. R3C 0B9

Tel.: (204) 942-8618

To train senior driving instructors who could then offer defensive driving training to Manitoba seniors. The project plans to hold a three-day workshop at which 15 senior driving instructors, drawn from all areas of the province, will be trained. In addition to specific technical training, workshop participants will be shown how to deliver an effective 55 Alive mature drivers' program in their respective regions.

Amount: $11,966. Duration: 6 months.

## ■■ *Improved Community Resources*

▼
**Weston Community Discover Choices**
*4687-06-88/009*
Creative Retirement Manitoba Inc.
811-294 Portage Avenue
Winnipeg, Man. R3C 0B9

Tel.: (204) 942-8618

Consistent with the ideal of increasing the ability of seniors to control their own health, this project aims to assist and involve low-income, less-educated seniors in the Weston area. Activities will include helping seniors to identify their own needs, training them as group facilitators, holding discussion groups around the Discover Choices television shows, and establishing a health promotion network in the community.

Amount: $33,000. Duration: 8 months.

▼
**Northwest Emergency Response Outreach**
*4687-06-88/012*
Dauphin and District Community Resource Council
515-1st Avenue, S.E.
Dauphin, Man. R7N 1C1

Tel.: (204) 638-9733

To assist communities in the area to set up emergency-response centres linked to local hospitals. A part-time co-ordinator will mobilize community volunteers and train organizers, respondents, and hospital staff in all aspects of the computerized response system. The co-ordinator will also provide refresher sessions, support, and monthly operational checks. Each community group will raise the funds needed to purchase the computers to be used in the area.

Amount: $48,066. Duration: 36 months.

▼
**Health Fair: Good Health, It's Your Choice**
*4687-06-88/015*
Valley Services To Seniors and Handicapped
Box 32
Birtle, Man. R0M 0C0

Tel.: (204) 842-5116

To host a one-day health fair for local seniors to increase their awareness of available resources in the community and to encourage their involvement as volunteers and participants in the programs of the agency.

Amount: $950. Duration: 1 month.

▼

**Independence for Seniors Through Regional Participation, Development and Training**

*4687-06-88/018*

The Manitoba Society of Seniors Inc.
803 Somerset Place, 294 Portage Avenue
Winnipeg, Man. R3C 0B9

Tel.: (204) 942-3147

Working with the Winnipeg Seniors' Regional Councils, this project will establish representative groups to revitalize five of the seven council districts in Winnipeg. The project will also train and assist all seven councils to improve their ability to represent seniors and co-ordinate services.

Amount: $131,484. Duration: 36 months.

▼

**Discover Choices Community Program**

*4687-06-88/019*

Manitoba Council on Aging
333 Broadway Avenue, 3rd Floor
Winnipeg, Man. R3C 0S9

Tel.: (204) 945-3516

To develop community involvement in support of the Health Promotion Directorate's program, Discover Choices. The program goal is to assist older people to make informed choices about their health to improve their quality of life. Local community agencies and organizations will implement this phase of the program throughout Manitoba by developing health promotion activities and projects.

Amount: $408,887. Duration: 24 months

▼

**Portage la Prairie Seniors Needs Assessment Program**

*4687-06-88/034*

Herman Prior Senior Services Centre Inc.
40 Royal Road North
Portage la Prairie, Man. R1N 1V1

Tel.: (204) 857-6951

To examine and evaluate the present structure and programs offered by the sponsoring organization in order to develop programming which will reach the isolated, timid, and frail elderly. A data base will be produced and used by the Centre for improved programming and by other community agencies serving seniors.

Amount: $30,098. Duration: 8 months.

▼

**The Development of a Retirement Resource & Information Centre**

*4687-06-89/046*

Age & Opportunity
304-323 Portage Avenue
Winnipeg, Man. R3B 2C1

Tel.: (204) 947-1276

To help Winnipeg seniors prepare for retirement. The project will assess seniors' pre-retirement needs, using the results of a survey of 1700 Winnipeg employers. It will also recruit and train senior volunteers to develop and distribute retirement information and resource materials.

Amount: $25,000. Duration: 6 months.

# Saskatchewan

## ■■ *Women*

▼
**Support Groups for Older Farm Women in Saskatchewan**
*4687-07-89/032*
Women's Inter-Church Council of Canada
Bay 2, 116-103 Street East
Saskatoon, Sask. S7N 1Y7

Tel.: (306) 373-7446

After January 1991:

Women's Inter-Church Council of Canada
77 Charles Street
Toronto, Ont. M5S 1K5
(416) 922-6177

**See "Selected Project Hi-Lites" for description of this project.

Amount: $79,000. Duration: 15 months.

## ■■ *Rural/Remote*

▼
**The Seniors' Convoy: Seniors Helping Seniors**
*4687-07-89/031*
Woodland District #27 Home Care Services Inc.
Box 130
Canwood, Sask. S0K 0K0

Tel.: (306) 468-2290

To provide home care support to seniors living alone in rural Saskatchewan without the help of family or friends. The project seeks to create a network of volunteers prepared to provide transportation, make friendly visits, and maintain daily telephone contact with at-risk seniors.

Amount: $74,603. Duration: 12 months.

## ■■ *Native/Inuit*

▼
**Muskeg Lake Kataayuk**
*4687-07-88/023*
Muskeg Lake Indian Band 102
P.O. Box 130
Leask, Sask. S0J 1M0

Tel.: (306) 466-4959

Band Council members and seniors themselves are concerned about the tendency of seniors to leave the reserve to live in urban centres so they can receive services offered to seniors. This project involves planning, organizing, and conducting information seminars and workshops to promote an awareness of the services available and accessible to seniors on the reserve.

Amount: $5,450. Duration: 3 months

▼
**Saskatoon District Tribal Council Survey**
*4687-07-88/024*
Saskatoon District Tribal Council
226 Cardinal Crescent
Saskatoon, Sask. S7L 6H8

Tel.: (306) 244-1101

To determine the health care needs of seniors of the seven bands in the Saskatoon District Tribal Council. The project will survey band members and, based on the findings, will recommend health care programs and policies to meet band members' needs.

Amount: $11,900. Duration: 5 months.

▼
**Qu'Appelle Valley Gathering of Elders**
*4687-07-88/025*
Touchwood-File Hills-Qu'Appelle
District Chiefs Council
WA-PII-MOOS-TOOSIS
P.O. Box 178
Lebret, Sask. S0G 2Y0

Tel.: (306) 332-5664

To co-host a gathering of the Elders from each reserve in Saskatchewan, with nationally and internationally invited guests. The gathering will focus on such issues as education, self-government, child care, health care, drug and alcohol abuse, and elder care. Elders will identify the problems of severely disadvantaged and isolated native people living on reserves. They will also be involved in activities such as hiring the project co-ordinator and developing and evaluating resource materials.

Amount: $52,315. Duration: 9 months.

▼
**Mistawasis Senior Homecare Assessment**
*4687-07-89/045*
Mistawasis Indian Reserve #103
P.O. Box 250
Leask, Sask. S0J 1M0

Tel.: (306) 466-4800

To help develop appropriate home care for senior members of the Mistawasis Band in Saskatchewan, thus allowing as many Band members as possible to continue living independently in their homes. The project will assess the needs of Band seniors living both on and off the reserve. The results of this assessment will be used in determining what type and level of home care service will be needed.

Amount: $20,180. Duration: 6 months.

## ■■ *Alzheimer's*

▼
**Development of Alzheimer Support Groups**
*4687-07-88/010*
Saskatchewan Alzheimer and
Related Diseases Association
408 Broad Street, Suite 238
Regina, Sask. S4P 0W5

Tel.: (306) 949-4141

To develop and expand new and existing family support groups throughout the province. The organization's Board of Directors will develop and establish an ongoing fundraising program to ensure long-term stability, and plan, devise, and adapt new and existing educational resources for use by their clients.

Amount: $249,490. Duration: 36 months.

## ■■ *Elder Abuse*

▼
**Seniors' Lifestyle Programs: #1 Elder Abuse**
*4687-07-88/004*
Seniors' Education Centre
University of Regina
Room 105, Univ. Extension Dept.
College Avenue
Regina, Sask. S4S 0A2

Tel.: (306) 779-4859

To develop and present two workshops on the topic of elder abuse. Sponsors propose to raise awareness of elder abuse, to help people identify, learn about and analyze the forms of elder abuse; to make available print and non-print resources and to begin to identify methods of prevention.

Amount: $7,000. Duration: 8 months.

## ■■ *Disabled*

▼

**Enhancing the Self Reliance of Blind and Visually Impaired Adults in Rural Areas**
*4687-07-88/016*
Canadian National Institute for the Blind
2550 Broad Street
Regina, Sask. S4P 3Z4

Tel.: (306) 525-2571

To establish self-help and educational networks to help meet the needs of blind and visually impaired seniors in rural southern Saskatchewan. Project activities will include forming support groups for visually impaired seniors and workshops for seniors' families and friends.

Amount: $108,234. Duration: 24 months.

## ■■ *Caregiving*

▼

**Survey of Saskatchewan's Older Adult Learning/Training Needs and Resources**
*4687-07-88/003*
Seniors' Education Centre
University of Regina, Room 105
Univ. Extension Dept., College Avenue
Regina, Sask. S4S 0A2

Tel.: (306) 779-4859

To conduct a survey of learning and training needs of Saskatchewan's older adults and of those who work with them. The survey methodology, design, and process will be developed in consultation with a representative advisory group made up of seniors. The survey will also be conducted by seniors. The results of the survey will be printed, distributed, and presented at workshops for seniors, programmers, and adult educators.

Amount: $13,500. Duration: 8 months.

## ■■ *Self-Help/Mutual Aid*

▼

**Reaching Out for Seniors**
*4687-07-88/028*
North Central Health Centre
1264 Athol Street
Regina, Sask. S4T 7V3

Tel.: (306) 757-1046

To identify and make contact with hard-to-reach, isolated seniors in downtown Regina. The project will recruit and train a core of senior volunteers. With the help of local social service agencies, the volunteers will identify and make one-to-one contact with isolated seniors.

Amount: $175,000. Duration: 27 months.

## ■■ *Education/Awareness*

▼

**Seniors Conference Workshop**
*4687-07-88/001*
The Royal Canadian Legion
Saskatchewan Command
3079-5th Avenue
Regina, Sask. S4T 0L6

Tel.: (306) 525-8739

To cover travel costs for participants in a provincial conference devoted to health and social issues for seniors. Sponsor's objective is to encourage co-operation among seniors' organizations. This event follows a national conference held in 1986 supported by the Department of Veterans' Affairs.

Amount: $7,500. Duration: 1 month.

▼

**Two Issue-Oriented Saskatchewan Conferences**
*4687-07-88/006*
Seniors Education Centre, University of Regina
Room 105, College Building
Regina, Sask. S4S 0A2

Tel.: (306) 779-4859

To hold two conferences, one on the availability of learning opportunities for seniors in Saskatchewan and the other on the needs identified by and resources available to these seniors. The project will identify seniors' specific learning needs and barriers which reduce their learning opportunities, and will develop strategies for increasing those opportunities.

Amount: $45,000. Duration: 18 months.

▼

**Older Adult Audio/Video Training Project**
*4687-07-88-007*
Seniors' Education Centre
University Extension, University of Regina
Room 105, College Avenue
Regina, Sask. S4S 0A2

Tel.: (306) 779-4859

To train 24 older adults to use audio and video equipment to enable them to produce and edit Seniors' Education Centre programs, and to make these programs available as distance education and individualized learning resources, thus serving older seniors who are shut in, visually impaired, rural, and remote. These trained seniors would also upgrade existing audio-visual tapes for quality and content.

Amount: $49,930. Duration: 24 months.

▼

**Seniors' Safety Fair Project**
*4687-07-88/018*
Saskatchewan Safety Council
348 Victoria Avenue
Regina, Sask. S4N 0P6

Tel.: (306) 757-3197

To encourage seniors' groups in Saskatchewan communities to conduct health and safety fairs for the purpose of improving health and independence of seniors. Further aims are to develop a safety information display about possible hazards for seniors, to consult with groups holding similar fairs, to develop a seniors' health and safety handbook for volunteers to determine the needs of the elderly in their communities, and to instruct them how to organize.

Amount: $14,225. Duration: 27 months.

▼
**Seniors' Health Fair '89**
4687-07-88/027
Swift Current Senior Citizens' Activity Centre
42 Central Avenue North
Swift Current, Sask. S9H 0K7

Tel.: (306) 773-5302

To help seniors in the area organize a health fair to increase their awareness of healthy living. Project components include identifying community resources, encouraging social activity, educating people about the problems of aging, and encouraging self-learning and self-help.

Amount: $13,000. Duration: 5 months.

▼
**Defensive Driving Course for Seniors**
*4687-07-89/035*
Saskatchewan Safety Council
140-4th Avenue East
Regina, Sask. S4N 4Z4

Tel.: (306) 757-3197

To help address the problem of isolation among rural Saskatchewan seniors by developing a defensive driving program for seniors. The project will mount a series of defensive driving workshops from which senior volunteers will be chosen from each of six rural districts. These volunteers will be sent to Regina for driver instructor training and will then return to their home districts to teach driving courses.

Amount: $41,680. Duration: 12 months.

## ■■ *Improved Community Resources*

▼
**Discover Choices Community Program**
*4687-07-88/013*
University of Regina, Room 211
College Building, College Avenue
Regina, Sask. S4S 0A2

Tel.: (306) 779-4815

To develop community involvement in support of the Health Promotion Directorate's program Discover Choices. The program goal is to assist older people to make informed choices about their health to increase their quality of life. Local community agencies and organizations will participate in implementing this phase of the program throughout Saskatchewan by developing health promotion activities and projects.

Amount: $203,232. Duration: 24 months.

▼
**Well Information Services for the Elderly**
*4687-07-88/017*
Well Information Services
for the Elderly (W.I.S.E.)
1572-102 Street
North Battleford, Sask. S9A 1G8

Tel.: (306) 786-7020

To expand wellness clinics throughout Saskatchewan. These clinics, designed to help seniors monitor their own health, offer such services as blood pressure and urine testing, hearing and vision testing, nutrition counselling, and medication awareness education. The project will contact every seniors' activity centre in the province not already offering a wellness clinic and will also review the progress of existing clinics.

Amount: $60,000. Duration: 12 months.

*Saskatchewan... continued*

▼

**Saskatchewan Seniors' Mechanism Development Project**
*4687-07-89/033*
Saskatchewan Seniors' Mechanism
College Building
University of Regina Extension
College Avenue
Regina, Sask. S4S 0A2

Tel.: (306) 761-1213

To form a seniors' mechanism, or co-ordinating body, to help improve the overall level of services available to Saskatchewan seniors. Specific project aims are to make seniors more aware of the programs and services offered to them, to improve communications between seniors' groups, and to work toward a common base for securing funding.

Amount: $246,300. Duration: 36 months.

▼

**Seniors' Needs Surveys**
*4687-07-89/042*
Saskatoon Services for Seniors
310 Avenue F South
Saskatoon, Sask. S7M 1T2

Tel.: (306) 6[illegible]5-0661

To survey Saskatoon's seniors to assess their needs. The survey will identify the services currently available to seniors, the kinds of services that seniors want, and ways in which seniors would like services delivered. After the results have been analysed, test projects will be developed to meet some of the identified needs.

Amount: $40,000. Duration: 12 months.

# Alberta

## ■■ *Rural/Remote*

▼

**Seniors' Connection**
*4687-08-88/013*
Minburn-Vermilion Health Unit #12
Provincial Bldg.
4701-52nd Street
Vermilion, Alta. T0B 4M0

Tel.: (403) 853-5270

To help meet the needs for health care and other social services among seniors living alone in rural Alberta. A major aim is to identify seniors who may be isolated for social, economic, physical, or psychological reasons. The project will use volunteer senior co-ordinators to connect isolated seniors to available community resources.

Amount: $190,389. Duration: 36 months

▼

**Food for Life**
*4687-08-88/039*
Food for Life for Seniors
9549-86 Street
Fort Saskatchewan, Alta. T8L 2V1

Tel.: (403) 998-3324

To expand the volunteer-run Food for Life seniors' nutrition program into the rural areas around Fort Saskatchewan, Alberta. The project will organize a volunteer recruitment, training, and support program. It also seeks to establish a nutrition resource centre for seniors.

Amount: $56,716. Duration: 24 months.

## ■■ *Ethno-cultural*

▼

**Health Promotion Project for Vietnamese Seniors**
4687-08-88/009
Mennonite Centre for Newcomers
10125-107 Avenue
Edmonton, Alta. T5H 0V4

Tel.: (403) 424-7709

To promote healthy living for Vietnamese seniors and to increase awareness of their needs among mainstream health professionals. To meet this objective, sponsors will identify needs of the group, inform them about available resources, and provide personal care training and mutual-aid opportunities. Seniors will participate in project development and implementation.

Amount: $48,240. Duration: 12 months.

## ■■ *Alzheimer's*

▼

**Development of Alzheimer Family Support Groups**
*4687-08-88/016*
Alzheimer Association of Alberta
Suite 612, 1701 Centre Street N.W.
Calgary, Alta. T2E 7Y2

Tel.: (403) 290-0110

To expand Alberta's network of Alzheimer's support groups, especially in smaller centres and rural areas. The project plans to establish at least six new support groups per year of operation. Another aim is to set up education programs and seminars for caregivers, health professionals, and the general public.

Amount: $269,300. Duration: 36 months.

## ■■ *Drug, Alcohol, Medication Awareness*

▼

**Alcohol Abuse and Older Adults: Training the Trainers**
*4687-08-88/010*
c/o Centre for Gerontology
Clinical Sciences Bldg.
7-122 University of Alberta
Edmonton, Alta. T6G 2J8

Tel.: (403) 432-5975

To set up a training program for staff of seniors' homes to help them detect and deal with alcohol abuse. Activities will include workshops held in urban and rural locations with four trained practitioners, each conducting ten training sessions with ten participants. An evaluation and testing component will be included in the program and a final report will be distributed to interested persons across the country.

Amount: $112,826. Duration: 24 months.

## ■■ *Caregiving*

▼

**Lethbridge Palliative Care Volunteer Program**
*4687-08-88/029*
Lethbridge Palliative Care
Co-ordinating Council
801-1st Avenue South
Lethbridge, Alta. T1J 4L5

Tel.: (403) 327-2166

To open an office located within the local health unit and to hire a half-time co-ordinator and a part-time secretary. The co-ordinator and council members will recruit new volunteers, train them, assign them to specific patients, and support and evaluate their work. Because of the stressful nature of the work, a psychologist or psychiatrist will be made available when gathering and evaluating data on the volunteers and on the results of their efforts, with a possible closing report to be shared with other such associations.

Amount: $75,994. Duration: 27 months.

## ■■ *Housing*

▼

**Home-sharing Demonstration Project**
*4687-08-88/002*
Homesharing Management Committee
The Society for the Retired and Semi-Retired
10004-105 Street
Edmonton, Alta. T6J 1C3

Tel.: (403) 423-5510

To demonstrate the feasibility of home-sharing (intergenerational and between seniors) as a cost-effective way of meeting people's housing and companionship needs. The sponsor will organize and implement the program by establishing a computerized system and by training volunteers to interview, assess, match, and do clerical and publicity work.

Amount: $86,980. Duration: 24 months.

## ■■ *Education/Awareness*

▼

**Senior Involvement Super Age '89**
*4687-08-88/031*
Alberta Association on Gerontology
c/o Centre for Gerontology
P220 Biological Sciences Building
University of Alberta
Edmonton, Alta. T6G 2E9

Tel:. (403) 432-2076

To involve six seniors in making presentations at the annual Alberta Association on Gerontology conference.

Amount: $2,965. Duration: 6 months.

▼

**Seniors as Leaders Conference**
*4687-08-88/033*
Alberta Council on Aging
501-10506 Jasper Avenue
Edmonton, Alta. T5J 2W9

Tel.: (403) 423-7781

To present a training conference on leadership for seniors based on the experience of conducting a workshop in Nova Scotia. Seniors invited to the conference from British Columbia, Saskatchewan, Manitoba, Yukon, and the Northwest Territories will be trained in leadership skills. The project will also produce a manual on seniors' leadership to be made available to delegates and others interested in developing seniors' leadership skills.

Amount: $24,895. Duration: 5 months.

## ■■ *Improved Community Resources*

▼

**"Fully Alive" Program and Implementation Development**
*4687-08-88/006*
"Fully Alive" Program Volunteer Centre of Calgary
201-110 11th Avenue S.E.
Calgary, Alta. T2G 0X5

Tel.: (403) 264-0090

Fully Alive is a community-based health promotion program for people aged 55 and over. The proposed project, which augments the existing program, focuses on training for senior facilitators, an advanced workshop for Fully-Alive graduates, community development, and special needs groups.

Amount: $192,000. Duration: 33 months.

▼

**The Senior Consultants Program**
*4687-08-88/018*
Alberta Council on Aging
501-10506 Jasper Avenue
Edmonton, Alta. T5J 2W9

Tel.: (403) 423-7781

To meet the needs of seniors' groups in Alberta by providing consultation, advice, and training through the help of retired persons. Activities will include education for seniors groups, leadership training, community development, information distribution, and recruitment of seniors to work as consultants.

Amount: $156,995. Duration: 36 months.

▼

**Hospital District 24 Pastoral Care Project**
*4687-08-88/028*
Edmonton and Rural Auxiliary Hospital & Nursing Home District 24
Pastoral Care Committee
406-10216 124 Street
Edmonton, Alta. T5N 4A3

Tel.: (403) 482-6925

To develop and operate a pastoral care program for patients at various hospitals and extended care services in Edmonton. The program is designed to help patients deal with problems arising from physical disability and the loss of home, friends, and meaningful activities.

Amount: $239,953. Duration: 36 months.

▼

**Development of Volunteer Program for Transportation for Seniors**
*4687-08-88/036*
Calgary Community Support Services for Seniors
807 6th Street S.E.
Calgary, Alta. T2G 4V8

Tel.: (403) 262-3388

To recruit and train senior volunteers to serve as driver-escorts for elderly persons living in Calgary. The volunteers would transport and accompany elderly people to medical appointments or shopping, or on social or recreational excursions.

Amount: $193,947. Duration: 36 months.

▼

**Camrose and District Senior Centre – Outreach Program**
*4687-8-89/040*
Camrose and District Senior Centre Society
5415 49th Avenue
Camrose, Alta. T4V 1N6

Tel.: (403) 672-7022

To identify those Camrose area seniors most at risk of becoming socially isolated and to connect them to available community resources. Senior outreach volunteers will conduct a survey of area seniors' needs and will assist in evaluating existing local services and programs directed at seniors. The volunteers will then make contact with target group members (including the socially isolated and incapacitated), who in turn will be connected to the sponsoring agency.

Amount: $70,988. Duration: 30 months.

# British Columbia

## ■■ *Women*

▼

**Senior Persons Alone: A Survey of Needs**
*4687-09-88/003*
Senior Persons Alone Advisory Board
32910 Huntington Road, RR#5
Abbotsford, B.C. V2S 4N5

Tel.: (604) 859-8871

To identify the needs of widows and to priorize recommendations in this semi-rural area. Seniors will contribute to the design of a survey questionnaire and be trained to implement it using interviewing and peer-counselling skills. A survey package will be produced and distributed to other communities, and a core group will be formed to ensure that recommendations are acted upon.

Amount: $51,792. Duration: 15 months.

▼

**The Choice of Elderly Women to Live Alone**
*4687-09-88/030*
Gerontology Research Centre
of Simon Fraser University
Simon Fraser University
Burnaby, B.C. V5A 1S6

Tel.: (604) 291-4120

To discover why many senior women in Burnaby choose to live alone, and to develop other options for them. The project will conduct in-depth interviews with senior women living alone and will develop an educational program to help them make informed choices about future living arrangements.

Amount: $89,295. Duration: 24 months.

▼

**A Self-Help/Mutual-Aid Program for Depressed Older Women**
*4687-09-88/041*
First Mature Women's Network Society
411 Dunsmuir Street
Vancouver, B.C. V6B 1X4

Tel.: (604) 681-3986

To transform the professionally run Social Health Outreach Program into a participant-run intervention program for depressed older women in the community. Participants will be trained to run the program. Sponsors will produce a handbook and educational materials for participants and develop self-help support groups with an outreach and peer-counselling function.

Amount: $41,321. Duration: 20 months.

## ■■ *Rural/Remote*

▼

**Seniors' Outreach Program**
*4687-09-88/007*
Maple Ridge-Pitt Meadows Community
Services Council
11907 228th Street
Maple Ridge, B.C. V2X 8G8

Tel.: (604) 467-6911

To develop three pre-tested outreach programs for isolated, semi-rural seniors. Programs include regular telephone contact between volunteers and seniors who are at risk, regular visits, and a driving program assisting up to 400 beneficiaries per year. Comprehensive training of volunteers in peer-counselling is an important component of this program.

Amount: $111,038. Duration: 36 months.

▼
**Farmworkers Health Improvement Project**
*4687-09-88/042*
Deol Agriculture Education
and Research Society
1-4725 Kingsway
Burnaby, B.C. V5H 2C3

Tel.: (604) 430-6055

To educate farmworkers – many of whom are older women – about health risks associated with exposure to pesticides and how to protect themselves. Methodology will include devising effective strategies and producing resource material that is culturally appropriate to the target population. These resources will then be disseminated throughout the region.

Amount: $146,356. Duration: 29 months.

## ■■ *Ethno-cultural*

▼
**Multicultural Tax Clinics and Services for Seniors**
*4687-09-88/009*
Western Society Seniors' Bureau
330-555 6th Street
New Westminster, B.C. V3L 5H1

Tel.: (604) 524-0516

To develop multicultural tax clinics for seniors in New Westminster, Coquitlam, Port Moody, and Port Coquitlam. The project will help seniors to complete Income, Pharmacare, Shelter Aid for Elderly Residents, and other government forms. It will recruit and train ethnic seniors to serve as volunteer tax counsellors.

Amount: $44,231. Duration: 10 months.

▼
**Project Star**
*4687-09-88/026*
Kiwassa Neighbourhood House
600 Vernon Drive
Vancouver, B.C. V6A 3N8

Tel.: (604) 254-5401

To develop an intergenerational, multicultural program for senior citizen involvement with primary-aged school children. Project Star (Seniors Together As Resources) will match seniors with Kindergarten to grade four students for mutual satisfaction and reward. Up to 150 trained senior volunteers will work with the staff and children of two pilot schools, participating in one-to-one and group activities with the students.

Amount: $139,029. Duration: 36 months.

▼
**First United Church Social Housing Society Health Action Program**
*4687-09-88/044*
First United Church Social Housing Society
102-370 Jackson Avenue
Vancouver, B.C. V6A 3X1

Tel.: (604) 253-2838

To address the health needs of older English- and Chinese-speaking residents of this social housing project. The project sponsor will assess needs and pinpoint feasible strategies. Tenant groups will develop social and physical activities, offer personal care counselling and consider ways to offer low-cost, nutritious foods to residents. Co-operation with existing agencies will provide for further support and resources.

Amount: $71,867. Duration: 22 months.

▼
**Survey of Seniors in Five Ethno-Cultural Communities**
*4687-09-88/079*
Burnaby Multicultural Society
250 Willingdon Avenue, 2nd Floor
Burnaby, B.C. V5C 5E9

Tel.: (604) 430-3022

To survey seniors in five ethnic groups in Burnaby. The survey's major objectives will be to determine whether seniors in these groups are aware of and make use of available community services, to discover why some seniors do not use these services, and to obtain ethnic seniors' suggestions on how to improve the current situation.

Amount: $49,400. Duration: 8 months.

▼
**Vancouver Jewish Community Seniors Independence Project**
*4687-09-88/104*
Jewish Federation of Greater Vancouver
Seniors Advisory Council
950 West 41st Avenue
Vancouver, B.C. V5Z 2N7

Tel.: (604) 266-8371

To help develop a variety of new and improved programs for seniors in Vancouver's Jewish community. The project's major activity will be a survey of the Jewish population in the lower mainland designed to provide information on seniors' skills and needs. The project will also develop a Seniors' Skills Bank as the basis for volunteer recruitment and placement, and will produce and distribute informational materials for seniors and seniors' organizations.

Amount: $148,150. Duration: 24 months.

## ■■ *Elder Abuse*

▼
**Elder Abuse and Neglect**
*4687-09-88/018*
Committee on Elder Abuse
and Neglect, SPARC
106-2182 West 12th Avenue
Vancouver, B.C. V6K 2N5

Tel.: (604) 736-8118

To develop multi-media educational kits about elder abuse for the general public. Kits will contain pamphlets, training packages and audio-visual material. The SPARC Committee will communicate with others throughout B.C., provide information, and disseminate kits.

Amount: $82,700. Duration: 18 months.

▼
**Legal Services for the Elderly**
*4687-09-88/069*
North Shore Information
and Volunteer Centre
1060 Roosevelt Crescent
North Vancouver, B.C. V7P 1M3

Tel.: (604) 985-7138

To expand and enhance the variety of legal services for seniors currently offered through the North Shore Information and Volunteer Centre. Specifically, the project seeks to deal with the legal and financial abuse of the elderly by documenting cases of abuse. It also seeks to provide education on legal and financial abuse and to identify needed policy and procedural changes by establishing a policy review committee. Seniors will assist other seniors with legal and financial information as well as by planning and producing promotional material.

Amount: $166,481. Duration: 24 months.

## ■■ *Disabled*

▼
**The Silent Minority**
*4687-09-88/055*
Royal Canadian Legion
North Central Vancouver Island Zone
Box 1281
Parksville, B.C. V0R 2S0

Tel.: (604) 248-8428

To increase public awareness of hearing-impaired seniors and their problems. The project will design and produce a 20-minute video on the difficulties caused by hearing impairment and strategies for coping with hearing loss. Seniors will be involved in project management, script development, and video production.

Amount: $25,000. Duration: 2 months.

▼
**Planned Lifetime Advocacy Network**
*4687-09-88/076*
Planned Lifetime Advocacy Network
104-3790 Canada Way
Burnaby, B.C. V5G 1G4

Tel.: (604) 439-9566

To help meet the needs of the aging parents of adult mentally handicapped persons in B.C. The project will open information offices, sponsor workshops, and produce a planning kit and a video on will and real estate planning. It will also offer individual counselling to families seeking to develop a personal support network for their adult children.

Amount: $481,245. Duration: 36 months.

▼
**Principles and Practices of Volunteer Service to Elderly Persons with Psychiatric Disorders**
*4687-09-88/100*
Canadian Mental Health Association
207-96 East Broadway
Vancouver, B.C. V5T 4N9

Tel.: (604) 385-3453

To increase the number of psychiatric volunteers in B.C. by developing a manual on the principles and practices of volunteer service to seniors with psychiatric disorders. The manual will be field-tested in five British Columbia branches of the Canadian Mental Health Association.

Amount: $77,832. Duration: 12 months.

## ■■ *Caregiving*

▼
**The Greater Victoria Network of Caregiver Support Groups**
*4687-09-88/015*
The Greater Victoria Network of
Caregiver Support Groups
215-1207 Douglas Street
Victoria, B.C. V8W 2E7

Tel.: (604) 652-9666

To support caregivers in the Greater Victoria area and to provide educational and developmental resources not available elsewhere. Activities to be undertaken include networkng, community development, leadership training, publishing, establishing a resource library, and organizing caregiving workshops and lectures.

Amount: $102,501. Duration: 36 months.

▼

**Facility Supported Programs for Seniors and Their Families in the Community**
*4687-09-88/021*
Glacier View Lodge
Back Road
Comox, B.C. V9N 8B5

Tel.: (604) 338-1451

To develop a community caregivers' support group based on the "Guide for an Educational Program for Families of the Institutionalized Elderly," published by the Council on Aging of Ottawa-Carleton, and to provide an educational program on hygiene for the elderly and their caregivers in the community.

Amount: S45,026. Duration: 18 months.

▼

**Caresharing for Seniors**
*4687-09-88/031*
Caresharing for Seniors Committee
3409 Tweedsmuir Avenue
Powell River, B.C. V8A 1C1

Tel.: (604) 483-3751

To create greater public awareness of the problems of seniors and their caregivers, to increase the effectiveness of caregivers services, and to reduce stress on caregivers. The project's objectives include conducting a community needs assessment, establishing a resource centre and information service for caregivers, and establishing a caregivers' support group.

Amount: $226,731. Duration: 36 months.

▼

**Seniors' Advisory Committee on Hospice and Palliative Care: Resource Development Project**
*4687-09-88/045*
B.C. Hospice/Palliative Care Association
P.O. Box 893
Duncan, B.C. V9L 3Y2

Tel.: (604) 748-2133

To co-ordinate palliative-care services to meet needs of the terminally ill and their families. To this end, the Seniors' Advisory Committee will convene a plenary session of seniors at the 1989 A.G.A. of the Hospice/Association to organize seniors' involvement. In addition, organizers will assess the needs of hospice clients and families and develop a resource/information distribution system.

Amount: $70,207. Duration: 12 months.

▼

**"Beyond Love": A Community-Based, Self-Help Program for Care Providers**
*4687-09-88/048*
British Columbia Long Term Care Association
205-4255 Arbutus Street
Vancouver, B.C. V6J 4Rl

Tel.: (604) 734-1484

To mobilize community resources in non-urban communities in order to address the problems experienced by caregivers of the cognitively impaired. Older women are the primary target group, as three quarters of all caregivers are women, and of these the majority are seniors.

Amount: $212,763. Duration: 17 months.

▼
**Parkinson Worker Project**
*4687-09-88/050*
Victoria Chapter
B.C. Parkinson's Disease Association
1740 Richmond Road
Victoria, B.C. V8R 4P8

Tel.: (604) 370-2211

To provide support for Victoria's Parkinson's patients and their families and caregivers. The project seeks to train a core of volunteers to visit Parkinson's families and to develop support groups for both patients and caregivers.

Amount: $122,757. Duration: 24 months.

▼
**The Seniors and the Family Consultation**
*4687-09-89/141*
British Columbia Council for the Family
204-2590 Granville Street
Vancouver, B.C. V6H 3H1

Tel.: (604) 732-4838

To hold a two-day conference on seniors and the family. The aim is to gather information about families from the seniors' perspective and to discover ways of strengthening relationships between seniors and their families. Seniors from different rural, urban, religious, and cultural communities will be involved in all aspects of the project.

Amount: $117,908. Duration: 5 months.

## ■■ *Housing*

▼
**The Homesharing Option: Its Impact**
*4687-09-88/001*
Vancouver Homesharers Society
105-2182 West 12th Avenue
Vancouver, B.C. V6K 2N4

Tel.: (604) 733-2310

To evaluate the viability of "homesharing" for seniors. Sponsors will interview 45 senior homesharing participants and provide follow-up to identify changes in activity and lifestyle over time. Fifty seniors, both providers and seekers on the Vancouver Homesharer's waiting list, will be interviewed. Follow-up will be provided after placement.

Amount: $27,835. Duration: 12 months.

▼
**Seniors' Housing in Island Communities Conference Project**
*4687-09-88/148*
Heron Rocks Friendship Centre Society
Heron Rocks
Hornby Island, B.C. V0R 1Z0

Tel.: (604) 335-2460

To help seniors on the Gulf of Georgia Islands assess their housing needs and start to plan ways to meet those needs. The project's major activity will be a conference to which residents from six islands will be invited, and where seniors' housing needs will be discussed. Conference proceedings will be distributed to all the islands and will be used to help communities plan long-term action on seniors' housing.

Amount: $17,121. Duration: 6 months.

## ■■ *Self-Help/Mutual Aid*

▼

**Arthritis Branch Community Support Subject**
*4687-09-88/046*
The Arthritis Society, BC and Yukon Division
895 West 104th Avenue
Vancouver, B.C. V5Z 1L7

Tel.: (604) 879-7511

To assist and train Society branch volunteers in strengthening self-help and mutual support activities in their communities. Following a needs assessment, organizers will implement a self-help arthritis program and a training workshop to ensure continuation of the program. Further activities include developing and distributing resource materials and training in facilitation techniques and peer counselling.

Amount: $166,032. Duration: 19 months.

▼

**Seniors Health Independence Program Social Health Action Program Eastside (SHIP-SHAPE)**
*4687-09-88/047*
Downtown Eastside Residents' Association (DERA)
9 East Hastings Street
Vancouver East, B.C. V6A 1M9

Tel.: (604) 682-0931

To involve deprived seniors who are residents of a DERA social housing project in organizing a "health action" project. Funding will meet costs of office space, staff, program delivery, and fundraising. Organizers will foster mutual aid as a way to reduce isolation. Seniors will participate in evaluating the program and in its further development.

Amount: $276,575. Duration: 36 months.

▼

**South Granville Friendship Outreach**
*4687-09-88/101*
South Granville Friendship Centre
1420 West 12th Avenue
Vancouver, B.C. V6H 1M8

Tel.: (604) 732-0812

To help meet the needs of isolated, low-income seniors in the South Granville area of Vancouver. After surveying the seniors' needs, the project will seek to involve them in the community by establishing seniors' networks in the neighbourhood's apartment buildings.

Amount: $41,509. Duration: 24 months.

## ■■ *Education/Awareness*

▼

**Developing and Using Reminiscence Materials Instructional Kit**
*4687-09-88/002*
School of Social Work
P.O. Box 1700
Victoria, B.C. V8W 2Y2

Tel.: (604) 721-8046

Guided reminiscence therapy offers help to seniors suffering from memory loss of recent events by easing social isolation and offsetting the effects of institutionalization. Sponsors will develop print and audio-visual materials for seniors and those working with them for use in developing reminiscence kits appropriate to their interests and location. The kits will be field-tested and made available throughout the region.

Amount: $17,300. Duration: 8 months.

*British Columbia... continued*

▼

**Identifying Problems and Celebrating Solutions: How Seniors Plan for Change**
*4687-09-88/004*
The Opsimath Club and the
Department of Continuing Studies
Simon Fraser University
Burnaby, B.C. V5A 1S6

Tel.: (604) 291-3631

To produce a pilot module of a distance education program aimed at seniors and those working with them. The module will consist of a resource and planning manual and a half-hour video to be broadcast on British Columbia's Knowledge Network.

Amount: $30,000. Duration: 14 months.

▼

**COMPASS – Demonstration and Development Project**
*4687-09-88/005*
COMPASS Planning Committee
45600 Menholm Road
Chilliwack, B.C. V2P 1P7

Tel.: (604) 795-4141

To develop an ongoing plan for identifying and meeting the needs of seniors in the area. Methodology will include the creation of a data base of programs and services, analysis of the data base, and interviews and committee deliberations. Effectiveness and impact of COMPASS will be measured and a handbook will be produced explaining procedures and reviewing other planning models. The group will convene a conference in the second year to encourage networking and information exchange.

Amount: $171,282. Duration: 36 months.

▼

**Leadership Training for Older Adults**
*4687-09-88/013*
Faculty of Education
Simon Fraser University
Burnaby, B.C. V5A 1S6

Tel.: (604) 291-3643

To develop leadership training for seniors. Activities undertaken include literature research, assessing needs, and developing, implementing, and evaluating workshops. The second phase will consist of training trainers and piloting the program. The final phase will focus on publishing a training manual and promoting it across the country.

Amount: $137,975. Duration: 20 months.

▼

**Canadian Stroke Clubs Conference**
*4687-09-88/036*
The Stroke Association of British Columbia
1645 West 10th Avenue
Vancouver, B.C. V6J 2A2

Tel.: (604) 734-3616

To increase the availability of post-hospital maintenance, and support independent living and an improved quality of life of stroke victims and their families. Representatives from each province will direct and encourage the expansion of stroke clubs in Canada. The conference will include presentations, information sharing, and workshops. The conference will be evaluated with input from all participants. Both an evaluation report and a report of proceedings will be produced.

Amount: $30,500. Duration: 6 months.

▼

**"Where Do I Go From Here?" – Journey to Self-Esteem**
*4687-09-88/051*
The Knowledge Network
300-475 West Georgia Street
Vancouver, B.C. V6B 4M9

Tel.: (604) 660-2000

To address the problem of low self-esteem among seniors. Through this project British Columbia seniors will develop a video, to be aired on B.C.'s Knowledge Network channel, and will produce an educational package made up of a facilitator's guide and a viewer's guide. As well, a community development co-ordinator will help raise community awareness of the issue by means of learning events and workshops.

Amount: $80,000. Duration: 7 months.

▼

**Summer Institute in Geriatric Medicine**
*4687-09-88/052*
Division of Geriatric Medicine
Faculty of Medicine
University of British Columbia
4500 Oak Street, Room G433
Jean Matheson Pavillion
Vancouver, B.C. V6H 3N1

Tel.: (604) 875-2185

To sponsor a summer Institute of Geriatric Medicine at the University of British Columbia. The Institute's primary objectives will be to attract prospective physicians to geriatric medicine and to give seniors an opportunity to discuss health care issues of concern to them. Seniors will be involved along with physicians and community care providers as conference presenters.

Amount: $45,230. Duration: 8 months.

▼

**The Post-50 Physical Performance Package**
*4687-09-88/053*
School of Physical Education
University of Victoria
P.O. Box 1700
Victoria, B.C. V8W 2Y2

Tel.: (604) 721-8379

To help seniors maintain and improve their level of physical activity. The project will develop a physical performance test designed to measure seniors' neuromuscular strength and endurance, cardiovascular endurance, and flexibility. This test will be part of a physical activity resource package, which will also include activity resource booklets and a program information booklet.

Amount: $78,932. Duration: 27 months.

▼

**Public Relations for Seniors' Services**
*4687-09-88/077*
Sunshine Coast Home Support Society
Box 2420
Sechelt, B.C. V0N 3A0

Tel.: (604) 885-5144

To increase public awareness of Sunshine Coast programs available to seniors and disabled adults. As part of a comprehensive community education and public relations program, the project will produce such materials as a speaker's kit, brochures, buttons, stickers, advertising, and posters.

Amount: $11,488. Duration: 12 months.

## ■■ *Improved Community Resources*

▼

**A Model for Planning Community Seniors' Services**
*4687-09-88/008*
The North Shore Seniors'
Health Planning Committee
3741 Delbrook Avenue
North Vancouver, B.C. V7M 3Z4

Tel.: (604) 986-7111

To design and test a model of community development for the area. The group will research existing models and form sub-committees around such issues as housing, transportation, and community and facility care. Two planning options will be selected and tested, leading ultimately to the choice of one as the most appropriate for the region.

Amount: $135,590. Duration: 24 months.

▼

**Seniors Counselling Resource Project**
*4687-09-88/012*
YWCA of Vancouver
580 Burrard Street
Vancouver, B.C. V6C 2K9

Tel.: (604) 683-2531

To research, write, and promote six self-help booklets which address seniors' emotional needs. The booklets will cover such topics as changing health, the loss of a loved one, relocation, and coming to terms with loneliness.

Amount: $159,385. Duration: 28 months.

▼

**Strengthening Neighbours to Strengthen a Community**
*4687-09-88/014*
Vancouver Second Mile Society
509 East Hastings Street
Vancouver, B.C. V6A 1P9

Tel.: (604) 254-2194

To develop a supportive relationship among seniors and between community professionals and seniors. Activities will include identifying potential neighbours, recruiting, training, and linking up with community agencies. The project expects to broaden the social support base to enable seniors to become a more effective resource to their own communities.

Amount: $137,731. Duration: 36 months.

▼

**Storytelling Project**
*4687-09-88/016*
Westside Seniors' Advisory Committee
c/o 1770 West 7th
Vancouver, B.C. V6J 4Y6

Tel.: (604) 736-9844

To demonstrate that storytelling is a creative approach to promoting well-being among older people. Seniors will create stories based on their own experiences, and once sufficiently skilled will present their stories to schools, care facilities, and the general community. The project committee will hire and oversee the work of a co-ordinator who will work with seniors in eight local areas to plan and implement four demonstration storytelling groups, and to develop a manual outlining the development process of the groups. After the project, two three-day workshops in other communities will be held to help others begin similar groups.

Amount: $59,600. Duration: 24 months.

▼

**Shuswap Seniors' Network**
*4687-09-88/019*
Shuswap Retirement Development Society
P.O. Box 3442
Salmon Arm, B.C. V0E 2T0

Tel.: (604) 832-2126

To develop a seniors resource centre for the Shuswap area to serve seniors in the 90 km region. The network will consist of the resource centre to be located in Salmon Arm, a comprehensive newsletter, a seniors' talent bank, and an educational service. Seniors will be involved as volunteers in developing and managing components of the project. A final report will be produced documenting the process of developing a network/resource centre in rural areas.

Amount: $100,250. Duration: 24 months.

▼

**Interact Program**
*4687-09-88/024*
The Canadian Red Cross Society
B.C./Yukon Health and Community Division
4750 Oak Street
Vancouver, B.C. V6H 2N9

Tel.: (604) 879-7551

To train friendly visitors and connect them with seniors who are in need of support and companionship. As this program was successfully tested on a small scale in two communities, the project will promote, implement, and evaluate the impact of Interact in three major areas of B.C., overseen by an advisory committee of seniors and service providers. Using community forums and networking, Interact will be promoted, volunteers recruited, and participants for regional Interact communities identified. As well, a community development guide will be produced and distributed and an instructor/resource material bank created.

Amount: $82,113. Duration: 36 months.

▼

**Improving Transportation for Seniors in B.C.'s Small Towns**
*4687-09-88/029*
Gerontology Research Centre
of Simon Fraser University
Gerontology Centre
Simon Fraser University
Burnaby, B.C. V5A 1S6

Tel.: (604) 291-3555

To assess and improve transportation options for seniors in small towns. The project will assess available transportation facilities for seniors in ten small towns and will conduct a survey to determine how seniors view transportation services. After the survey results have been analysed, workshops will be held to discuss the findings and to plan for needed changes.

Amount: $49,150. Duration: 10 months.

▼

**Assessing the Benefits of a Therapeutic Horticulture Program for Seniors in Intermediate Care**
*4687-09-88/033*
The University of British Columbia Office
of Research Services
2194 Health Science Mall, U.B.C.
Vancouver, B.C. V6T 1W5

Tel.: (604) 224-8595

Initiated with the elderly residents of Haro Park Centre's Intermediate Care Facility in Vancouver, this project will offer instruction in gardening techniques. Senior volunteers will assist participants in their learning and practice activities. A publishable report will be produced and a manual on implementing horticulture therapy programs will be distributed to British Columbia care facilities.

Amount: $33,050. Duration: 12 months.

▼

**The Vancouver Volunteer Centre's Senior Talent Bank**
*4687-09-88/037*
The Vancouver Volunteer Centre
301-3102 Main Street
Vancouver, B.C. V5T 3C7

Tel.: (604) 875-9144

See "Selected Project Hi-Lites" for description of this project**

Amount: $174,509. Duration: 36 months.

▼

**Project to Assist "Seniors to Help Seniors"**
*4687-09-88/038*
The Cowichan Seniors Advisory
Society of Duncan
3088 Gibbons Road
Duncan, B.C. V9L 1E8

Tel.: (604) 746-1277

To enable the frail elderly to remain in their own surroundings using a community-supported emergency home response system; to develop an information/referral system; to promote healthy aging in Duncan and surrounding areas; and to develop peer counselling programs.

Amount: $126,590. Duration: 24 months.

*British Columbia... continued*

▼

**Neighbourhood Helper Project**
*4687-09-88/043*
Little Mountain Neighbourhood House
3981 Main Street
Vancouver, B.C. V5V 3P3

Tel.: (604) 879-7104

To strengthen the ability of "neighbourhood helpers" to carry out a variety of supportive, informational, and referral services to community members and to develop a co-operative relationship among helpers and between helpers and community professionals. Neighbourhood helpers will be involved in planning, promoting, and implementing the project. Continuing help will be available through the sponsor.

Amount: $32,755. Duration: 18 months.

▼

**Seniors Visiting Program**
*4687-09-88/049*
Victoria Gerontology Association
841 Fairfield Road
Victoria, B.C. V8V 3B6

Tel.: (604) 382-5446

A visiting program to help increasingly frail, isolated seniors to remain independent using senior volunteers to provide daily contact and monitoring. The project will link isolated seniors to available services and support them in maintaining their health and contact with the larger community.

Amount: $291,490. Duration: 36 months.

▼

**Seniors Wellness Information System**
*4687-09-88/054*
James Bay Community Project
547 Michigan Street
Victoria, B.C. V8V 1S5

Tel.: (604) 388-7844

The general aim of wellness programs is to help seniors take responsibility for their own health care needs. This project's specific aim is to provide seniors living in the James Bay area of Victoria with access to relevant health care information. To this end, the project will recruit and train senior volunteers to conduct surveys of local seniors' health needs and to operate a seniors' health promotion data base communications network.

Amount: $39,977. Duration: 3 months.

▼

**A Comprehensive Community Plan of Services for Seniors by Seniors**
*4687-09-88/063*
The Regional Council for Senior Citizens
of the Queen Charlotte Islands
c/o Health Care Society
Box 619
Masset, B.C. V0T 1M0

Tel.: (604) 626-3918

To develop a comprehensive plan for the long-term care of seniors on the Queen Charlotte Islands. The project will conduct a survey of all seniors living on the Islands. It will then determine what services and programs are now available and what additional ones may be required to meet seniors' current and future needs.

Amount: $100,920. Duration: 24 months.

▼

**The Mile Project – Maintaining Independent Living for the Elderly**
*4687-09-88/065*
West End Seniors' Network Society
1447 Barclay Street
Vancouver, B.C. V6G 1J6

Tel.: (604) 669-7339

To create a support network for elderly tenants of seniors' apartment buildings in Vancouver. The aim is to train senior volunteers and the buildings' caretakers/managers to co-operate in building such a network. Specific project activities will include compiling a manual of available community resources, assisting in the formation of residents' councils, and creating links between the apartment buildings and community groups.

Amount: $100,362. Duration: 24 months.

▼

**Seniors' One Stop Resource Centre – An Information and Referral Service**
*4687-09-88/068*
Ray Cam Community Centre
920 East Hastings
Vancouver, B.C. V3A 6T1

Tel.: (604) 251-2141

To help meet the needs of low-income seniors living alone in the Ray Cam area of Vancouver without the support of family or friends. The project will involve senior volunteers in developing a community resource file, designing skill development programs, and operating an information and referral service to help the neighbourhood's seniors make better use of available social services.

Amount: $87,265. Duration: 24 months.

▼

**Emergency Alert System**
*4687-09-88/072*
Terrace and District Community Services Society
1-3215 Eby Street
Terrace, B.C. V8G 2X6

Tel.: (604) 635-5135

To develop an emergency alert system for seniors with medical problems who are living alone in Terrace. A committee of senior volunteers will conduct research and inspect an existing alert system to determine the most appropriate model for Terrace.

Amount: $11,261. Duration: 6 months.

▼

**Seniors' Volunteering Project**
*4687-09-88/112*
Victoria Volunteer Bureau
211-620 View Street
Victoria, B.C. V8W 1J6

Tel.: (604) 386-2269

To investigate why seniors do not volunteer as often as other age groups, and to discover ways of increasing volunteer participation among seniors. The project will produce and distribute a "how-to" seniors' volunteering manual for use by seniors' organizations in Victoria and across Canada.

Amount: $139,695. Duration: 24 months.

*British Columbia... continued*

▼

**Telecontact**

*4687-09-88/119*

Richmond Information and Volunteer Centre
100-4040 No. 3 Road
Richmond, B.C. V6X 2C2

Tel.: (604) 278-4715

To develop and operate a telephone assurance centre for isolated or at-risk seniors in the community of Richmond. The project will establish a central office, recruit and train volunteers, and promote the service to the larger community. The aim is to provide isolated or at-risk seniors with daily telephone contact to help ensure their safety and well-being.

Amount: $105,715. Duration: 36 months.

# Northwest Territories

## ■■ *Native/Inuit*

▼

**Inuvialuit Drum Dance Expression and Interpretation Program**
*4687-10-89/005*
Inuvialuit Social Development Program
P.O. Box 2000
Inuvik, N.W.T. X0E 0T0

Tel.: (403) 979-3109

To develop a pilot program in the Inuvialuit communities to enable elders to teach traditional drum dance expression and interpretation to other elders and younger people. The local community corporation will be responsible for planning, operating, and evaluating the program at the local level.

Amount: $33,060. Duration: 10 months.

# Yukon

## ■■ *Native/Inuit*

▼

**Native Customs and Traditions Associated with Death and Bereavement**
*4687-11-88/001*
Hospice Yukon Society
209 Elliot Street
Whitehorse, Yukon Y1A 2A1

Tel.: (403) 667-7762

To improve communication between professionals, volunteers and native people by raising cultural awareness of native beliefs and practices related to death, grief, burial, and funerals. Funds will enable sponsors to hire a consultant to work with the Council of Yukon Indians and representatives of the five linguistic native groups.

Amount: $38,100. Duration: 14 months.

## ■■ *Caregiving*

▼

**Volunteer Hospice Program**
*4687-11-88/002*
Hospice Yukon Society
209 Elliot Street
Whitehorse, Yukon Y1A 2A1

Tel.: (403) 667-7762

To respond to an identified need for hospice services, the Society plans to set up an office and hire a staff person to meet the needs of the terminally ill and bereaved in the Yukon. Organizers aim to develop a program which could later be used in other Yukon communities to establish multidisciplinary teams and to recruit and train volunteers.

Amount: $31,400. Duration: 12 months.

# National

## ■■ *Rural/Remote*

▼

**"Promoting Elders' Participation: Phase II" (P.E.P.)**
*4687-15-89/001*
Victorian Order of Nurses for Canada
5 Blackburn Avenue
Ottawa, Ont. K1N 8A2

Tel.: (613) 233-5694

To help develop community support services for seniors across Canada, especially in rural areas. This phase of the project will focus on the development of home support programs, including strategies for community development and senior participation in five communities.

Amount: $550,000. Duration: 24 months.

## ■■ *Native/Inuit*

▼

**"Take Charge: A Diabetes Awareness and Action Video"**
*4687-15-89/004*
Kateri Memorial Hospital Centre
P.O. Box 10
Kahnawake, Que. J0L 1B0

Tel.: (514) 638-3930

Diabetes is becoming increasingly frequent in Canada's Native communities. To help alert Native people to the dangers of this disease, the project will produce a video documenting a day in the life of Native people with diabetes.

Amount: $47,329. Duration: 3 months.

## ■■ *Ethno-cultural*

▼

**German Canadian Seniors Awareness**
*4687-15-88/010*
German-Canadian Congress
965 Richmond Road
Ottawa, Ont. K2B 6R1

Tel.: (613) 728-6850

To counsel eligible Canadian residents on their rights as a result of the recent Agreement on Social Security between Canada and the Federal Republic of Germany. Because of the complexity of application criteria for pension benefits, the Congress will produce an information brochure and distribute it through local organizations to assist applicants.

Amount: $341,042. Duration: 18 months.

▼

**N.A.J.C. Seniors Conference: "The Best Years"**
*4687-15-89/008*
National Association of Japanese-Canadians
782 Croydon Avenue
Winnipeg, Man. R3M 0Y1

Tel.: (204) 474-2815

To help Japanese-Canadian seniors interned during World War II rebuild their ethnic community. To achieve this goal, the project will hold a two-day conference of Japanese-Canadians, to be attended mainly by seniors. Workshops will cover such issues as health, finances, housing, and community action.

Amount: $127,900. Duration: 6 months.

## ■■ *Alzheimer's*

▼

**Developing Guidelines for Care of Individuals with Dementia**
*4687-15-89/007*
Alzheimer Society of Canada
1320 Yonge Street
Toronto, Ont. M4T 1X2

Tel.: (416) 925-3552

To develop national guidelines for the care of persons with Alzheimer's Disease. The project will produce and distribute a booklet incorporating these guidelines as minimum standards for institutional and home caregivers. Seniors will be involved in all phases of the project.

Amount: $527,057. Duration: 36 months.

## ■■ *Disabled*

▼

**Optimizing the Independence of Blind & Visually Impaired Senior Canadians**
*4687-15-88/030*
Canadian National Institute for the Blind
1931 Bayview Avenue
Toronto, Ont. M4G 4C8

Tel.: (416) 480-7626

To organize regional forums followed by a national symposium on maximizing the independence of blind and visually impaired Canadian seniors. The major aims of the symposium will be to set priorities for improvement of services to the visually impaired, and to educate human service professionals about available rehabilitation services.

Amount: $162,792. Duration: 18 months.

▼

**Databank of Projects/Initiatives on Safety in the Home Environment for Disabled Seniors**
*4687-15-89/011*
Canadian Rehabilitation Council for the Disabled
45 Sheppard Avenue East
Willowdale, Ont. M2N 5W9

Tel.: (416) 250-7490

To establish a central national data bank on Canadian home safety initiatives pertaining to seniors. The data bank will incorporate the inventory of TASH (Technical Aids & Systems for the Handicapped) Inc.

Amount: $198,196. Duration: 24 months.

## ■■ *Drug, Alcohol, Medication Awareness*

▼

**Secretariat: Canadian Coalition of National Organizations with an Interest in Medication Use and Elderly Persons**
*4687-15-89/010*
Canadian Public Health Association
Suite 400, 1565 Carling Avenue
Ottawa, Ont. K1Z 8R1

Tel.: (613) 725-3769

Many different agencies and organizations are concerned with the problem of the inappropriate use of medication by seniors. This project seeks to co-ordinate the work of these agencies by supporting the Coalition. The Coalition will be helping to develop and secure funding for proposals on medication awareness issues.

Amount: $386,070. Duration: 36 months.

▼
**Study of Chemical Dependency in the Elderly**
*4687-15-89/999*
Department of Social Work
St. Boniface Hospital
409 Tach Avenue
Winnipeg, Man. R2H 2A6

Tel: (204) 237-2449

To develop ways to determine whether elderly patients treated in hospital emergency units are chemically dependent, to establish a method to gain their participation for treatment, and to develop appropriate treatment methods.

Amount: $398,077. Duration: 36 months.

## ■■ *Caregiving*

▼
**Caring for the Caregiver**
*4687-15-89/997*
Baycrest Centre for Geriatric Care
3560 Bathurst Street
North York, Ont. M6A 2E1

Tel.: (416) 789-5131

To develop and test an innovative service to strengthen support for the family caregiver. Demographic information to be obtained from this process includes family composition, perceived needs for institutional care, and stresses faced by caregivers. Sponsors will also look at the cost-effectiveness of various combinations of services and produce educational videotapes and information kits.

Amount: $322,200. Duration: 36 months.

## ■■ *Housing*

▼
**Regional Workshops on Housing Options for Older Canadians**
*4687-15-88/008*
One Voice – Seniors Network (Canada) Inc.
350 Sparks Street, Suite 901
Ottawa, Ont. K1R 7S8

Tel.: (613) 238-7624

To hold workshops across the country and a seniors' presentation at the plenary session of a Canada Mortgage and Housing Corporation conference on Housing Options for Older Canadians. This project will facilitate communication and ensure that seniors participate in the conference and will provide opportunities for seniors and housing professionals to discuss shared interests and concerns.

Amount: $308,966. Duration: 7 months.

## ■■ *Education/Awareness*

▼
**Seminar on Strategic Directions for Senior Driver and Pedestrian Safety**
*4687-15-88/004*
Canada Safety Council
1765 St. Laurent Boulevard
Ottawa, Ont. K1G 3V4

Tel.: (613) 521-6881

To recommend future directions for the safety of senior drivers and pedestrians. The project entails a seminar with professionals from relevant and interested groups to identify and recommend ways to minimize the risk of death and injury to seniors on Canadian roads.

Amount: $64,000. Duration: 12 months.

▼

**When Daily Living Becomes a Challenge in Old Age**
*4687-15-88/009*
Canadian Association of Occupational Therapists
Third Floor
110 Eglinton Avenue West
Toronto, Ont. M4R 1A3

Tel.: (416) 487-5404

To publish a series of pamphlets offering helpful hints for seniors on healthy living. Possible topics include Conserving Your Energy, Helping Your Memory, and Aids To Make You Able. The pamphlets will be distributed during National Occupational Therapy Week to take advantage of national public relations efforts such as presentations to seniors in community centres and displays in shopping malls.

Amount: $35,000. Duration: 12 months.

▼

**Forum '89: An Older Person's View of Winter City**
*4687-15-88/012*
Livable Winter City Association
495 Penhill Avenue
Ottawa, Ont. K1G 0V5

Tel.: (613) 997-4985

To promote national discussion on winter living for seniors. Using a conference format, working sessions will focus on transportation, seniors' housing, public buildings, community planning, rural living, and seniors' health promotion.

Amount: $42,200. Duration: 15 months.

▼

**High Blood Pressure Prevention and Control Meeting**
*4687-15-88/013*
Canadian Coalition for the Prevention and Control of High Blood Pressure
Memorial University
St. John's, Nfld. A1B 3V6

Tel.: (709) 737-6719

To convene a meeting to exchange information about controlling and preventing high blood pressure. Participants will receive current material on such subjects as high blood pressure, non-pharmacological treatment and self-measurement of blood pressure. The main focus of the meeting will be to develop a comprehensive plan for preventing and controlling high blood pressure.

Amount: $6,200. Duration: 3 months.

▼

**Utilization of Local Seniors and Program Development**
*4687-15-88/014*
Elderhostel Canada
33 Prince Arthur Avenue, Suite 300
Toronto, Ont. M5R 1B2

Tel.: (416) 964-2260

A three-year program to promote Elderhostel among Canadian educational institutions and to develop programs related to independent living and learning. The group will produce publications and sponsor workshops that will support the use of regional seniors advisory committees by institutions offering Elderhostel programs. Follow-up with these institutions is a component of the program.

Amount: $261,093. Duration: 36 months.

*National... continued*

▼

**Aging into the 21st Century**
*4687-15-88/021*
School of Human Kinetics
University of Ottawa
Ottawa, Ont. K1N 6N5

Tel.: (613) 564-9271

To develop a national conference on "normal healthy aging" involving older persons in all stages of development, presentation and follow-up. Seniors will also participate in the three conference areas: think tank process, community forum, and seniors symposium.

Amount: $152,000. Duration: 24 months.

▼

**Aging and Future Health Care Delivery**
*4687-15-88/023*
Institute for Health Care Facilities of the Future
24 Clarence Street
Ottawa, Ont. K1N 5P3

Tel.: (613) 238-8359

To publish and disseminate an Institute report entitled "Aging and Future Health Care: A Scan", and to collaborate and consult with provincial, local, and seniors' representatives. As well as the Institute, several seniors' groups and organizations representing the interests of seniors are involved in implementing this proposal.

Amount: $174,500. Duration: 9 months.

▼

**Three Presentations on Services for the Elderly**
*4687-15-88/029*
Canadian Association of Speech-Language Pathologists & Audiologists' Association (CASLPA/ACOA)
Suite 1215, 25 Main Street West
Hamilton, Ont. L8P 1H1

Tel.: (416) 523-5790

To hold three sessions on communication and hearing loss at the CASLPA/ACOA conference. The objective of these sessions is to educate both community health workers and the general public about the types of communication problems faced by hearing-impaired seniors.

Amount: $4,850. Duration: 5 months.

▼

**Workshop on Education of Health Professionals in the Care of Adults**
*4687-15-88/031*
Canadian Medical Association
1867 Alta Vista Drive
Ottawa, Ont. K1G 0G8

Tel.: (613) 731-9331

To bring together for a workshop, leaders in the field of education of health professionals, representatives of older adults as consumers of health care, experts in gerontology and geriatrics, health care students, and government representatives. The resulting discussion will inform educators of specific teaching needs regarding aging, stimulating them to make changes and foster the interdisciplinary work that is important in the care of the elderly. Change strategies should be developed by the end of the workshop, and these strategies will be disseminated by means of a conference report or proceedings.

Amount: $54,900. Duration: 5 months.

*National... continued*

▼

**A National Technical Assistance Program for Seniors' Organizations**
*4687-15-89/014*
Canadian Association on Gerontology
1080-167 Lombard Avenue
Winnipeg, Man. R3B 0V3

Tel.: (204) 944-9158

To help seniors' organizations develop and maintain the technical skills they require to increase their effectiveness. The project will provide specialized assistance by placing graduate students in gerontology and their faculty advisors with selected seniors' organizations.

Amount: $330,163. Duration: 36 months.

▼

**Canada Safety Council Safety Conference**
*4687-15-89/018*
Canada Safety Council
P.O. Box 9268, Station "T"
Ottawa, Ont. K1G 3T9

Tel.: (613) 521-6881

To provide seniors with accurate information about safety. The project will bring together 30 senior representatives from all regions of Canada to attend sessions on seniors' safety at the Canada Safety Council conference in Halifax. Issues to be addressed will include senior driver and pedestrian safety, older worker safety, and home safety.

Amount: $68,240. Duration: 9 months.

## ■■ *Improved Community Resources*

▼

**PEP: Promoting Elders Participation**
*4687-15-88/001*
Victorian Order of Nurses (VON)
5 Blackburn Avenue
Ottawa, Ont. K1N 8A2

Tel.: (613) 233-5694

To enable local VON branches to assist rural and ethnic communities to organize seniors' services. Organizers will select 30 interested communities across Canada and 10 to 12 VON branches to work with them. Volunteers will be trained to provide the services selected by each community. While the VON will serve as a catalyst and resource, the emphasis will be on using community groups where they exist.

Amount: $200,000. Duration: 12 months.

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**Keeping Canadians on Their Feet**
*4687-15-88/002*
Victorian Order of Nurses
5 Blackburn Avenue
Ottawa, Ont. K1N 8A2

Tel.: (613) 233-5694

**See "Selected Project Hi-Lites" for description of this project**

Amount: $750,000. Duration: 36 months.

*National... continued*

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**National Meals on Wheels Conference**
*4687-15-88/003*
Meals on Wheels Association of Ontario
43 Eglington Avenue East
Suite 804
Toronto, Ont. M4P 1A2

Tel.: (416) 489-2195

To enhance the delivery of Meals on Wheels services by local units. Project funding will cover costs of convening a national conference to address issues such as the scope of the program, recruiting and developing volunteers, finding food sources, delivery equipment, and staffing.

Amount: $56,159. Duration: 6 months.

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**A Clean Home for Seniors**
*4687-15-88/005*
Canadian Council on Homemaker Services
170 Merton Street
Toronto, Ont. M4S 1A1

Tel.: (416) 489-0037

The Council is committed to ensuring that homemaker services respond to the needs of people who require support to live independently. This project aims to train homemakers and home-support workers in basic housekeeping skills. An advisory committee with participating seniors will produce an educational video in order to familiarize homeworkers with conditions they may find in seniors' homes.

Amount: $17,880. Duration: 3 months.

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**Seniors Helping Seniors in Centres**
*4687-15-88/007*
Canadian Institute of Senior Centres
1412 Parent Avenue
Windsor, Ont. N8X 4JS

Tel.: (519) 258-3264

To explore the means of strengthening seniors' centres across Canada as a model of service delivery that helps to promote seniors' independence. This objective will be accomplished by collecting information on the present status of Canadian seniors' centres and their programs. Regional meetings will also be held to share information and to draw up specific recommendations aimed at strengthening existing centres and supporting new ones.

Amount: $202,073. Duration: 15 months.

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**Legion Seniors Program**
*4687-15-88/015*
The Royal Canadian Legion:
Dominion Command
359 Kent Street
Ottawa, Ont. K2P 0R7

Tel.: (613) 235-4391

To help Royal Canadian Legion branches assess and meet their needs for seniors' programs. A major project activity will be the writing and publication of a series of "how-to" guides. These guides will show branches how to assess their needs. They will also provide detailed information on how to start up and maintain a seniors' program at the branch level.

Amount: $498,440. Duration: 36 months.

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**Responding to the Challenge of an Aging Population**
*4687-15-88/017*
Canadian Association
of Occupational Therapists
3rd Floor
110 Eglinton Avenue West
Toronto, Ont. M4R 1A3

Tel.: (416) 487-5404

To explore the feasibility of developing a three-year project promoting collaboration between older Canadians and occupational therapists to limit dysfunction in old age. The group will propose identifying a number of goals, such as increasing the number of OTs in the field of senior health promotion and identifying activities which seniors enjoy but find increasingly difficult to perform.

Amount: $37,875. Duration: 6 months.

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**55 Alive/Mature Driving**
*4687-15-88/018*
Canada Safety Council
1765 St. Laurent Blvd.
Ottawa, Ont. K1G 3V4

Tel.: (613) 521-6881

To establish a distribution network as a way of bringing the 55 Alive/Mature Driving course to the largest number of senior drivers in Canada. The program is sensitive to the physical changes of older people as they relate to vision, hearing, and medication. The six-hour course, which consists of lectures, slide presentations, and group discussions, focuses on the driving errors most frequently made by seniors.

Amount: $555,124. Duration: 35 months.

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**Evaluation of Devices to Facilitate Independent Living of the Elderly**
*4687-15-88/020*
University of Waterloo
200 University Avenue
Waterloo, Ont. N2L 3G1

Tel.: (519) 888-4532

To improve access to supportive devices for the elderly, the organization proposes to carry out an inventory and evaluation of available assistive devices. The project will directly benefit three groups: seniors living in the community but concerned about declining function, their caregivers, and staff members of long-term care facilities.

Amount: $568,977. Duration: 36 months.

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**Army's Battleplan for Seniors Independence**
*4687-15-88/028*
The Salvation Army
20 Salvation Square
P.O. Box 4021, Postal Station "A"
Toronto, Ont. MSW 2B1

Tel.: (416) 598-2071

To identify seniors' needs at the community level and to create a Canada-wide information-sharing system for the Salvation Army. This will be done by identifying current services to seniors being provided by the Salvation Army and evaluating this information and circulating it nation-wide. The focus will be on self-help activities. All programs will be evaluated by a Seniors' Advisory Committee.

Amount: $349,835. Duration: 36 months.

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**The Caring Community**
*4687-15-89/005*
Ryerson Polytechnical Institute
350 Victoria Street
Toronto, Ont. M5B 2K3

Tel.: (416) 979-5183

To hold a two-day national conference on the design and provision of community support services for Canadian seniors. Workshops will focus on such issues as the family and community support, ethnicity and aging, volunteerism, and the special problems of women. Seniors drawn from across Canada will represent up to half of the conference participants.

Amount: $272,790. Duration: 16 months.

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**S.O.S. Services of Support**
*4687-15-89/998*
Tri-Lake Health District Board
Tri-Lake Health Centre
Killarney, Man. R0K 1G0

Tel: (204) 523-4661

To enable elderly local residents to remain in their homes through a program of voluntary assistance. Sponsors will organize and co-ordinate a core of volunteers to help seniors in a variety of day-to-day tasks. The service will be evaluated and a "how-to" manual will be produced.

Amount: $110,166. Duration: 36 months.

# Regional Addresses

**Newfoundland**

Social Service Programs
P.O. Box 1752, Postal Station "C"
ST. JOHN'S, Nfld. A1C 5P5

Tel: (709) 772-2279

**Prince Edward Island**

Social Service Programs
101-3 Harbour Side
CHARLOTTETOWN, P.E.I. C1A 7M9

Tel: (902) 566-7857

**Nova Scotia**

Social Service Programs
Halifax Insurance Building
Suite 405 – 5670 Spring Garden Rd.
HALIFAX, N.S. B3J 1H6

Tel: (902) 426-2741

**New Brunswick**

Social Service Programs
Terminal Plaza Building
1222 Main Street, 3rd Floor
MONCTON, N.B. E1C 1H6

Tel: (506) 851-7007

**Quebec**

Social Service Programs
Complexe Guy-Favreau
200 West René-Lévesque Blvd.
Suite 212, East Tower
MONTRÉAL, Que. H2Z 1X4

Tel: (514) 283-7306
1-800-363-9716

**Ontario**

Social Service Programs
1104-2300 Yonge Street
TORONTO, Ont. M4P 1E4

Tel: (416) 973-1999
(416) 973-1994 (Bilingual)

**Manitoba**

Social Service Programs
340 Graham Avenue
Eaton Place
WINNIPEG, Man. R3C 4C2

Tel: (204) 983-2833

**Saskatchewan**

Social Service Programs
3rd Floor, Federal Building
1975 Scarth Street
REGINA, Sask. S4P 3K4

Tel: (306) 780-5355

**Alberta, Yukon and Northwest Territories**

Social Service Programs
850-9700 Jasper Avenue
EDMONTON, Alta. T5J 4C3

Tel: (403) 495-2754

**British Columbia**

Social Service Programs
Suite 308
2150 West Broadway
VANCOUVER, B.C. V6K 4L9

Tel: (604) 666-2729